



Validation doesn't mean fixing or agreeing with everything your child says. It simply means showing them their feelings are real and important. Here are some simple phrases you can use in everyday moments.



Phrases to use with children:

“It makes sense you feel that way.”



“I hear you.”



“That sounds really hard.”



“I can see why you're upset.”



“Your feelings matter.”



I let go of past regrets and focus on the present



I am a magnet for success and prosperity



“It's okay to feel like that.”



“I believe you.”



There is always something to be thankful for



“You're allowed to feel disappointed.”





“I can see this **means a lot** to you.”



“You’re **not alone** in this.”



“Thank you for telling me how you feel.”

Self-use phrases:



“My **feelings** are valid.”



“It makes **sense** that I feel this way.”



“This is tough, and I’m doing my best.”



“It’s human to feel this way, I don’t need to push it away.”



“I don’t need to **compare my pain** to others.”



“It’s **okay** to need support.”



“My emotions are valid, even if others don’t see them.”

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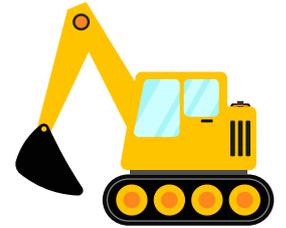


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Ready for more structured support?

These free resources are designed as starting points.

If you're looking for deeper guidance, my therapist-designed workbooks and journals offer step-by-step support, psychoeducation, practical tools, and space for reflection.

Explore the full collection via my website or Etsy.

<https://thehealingspaceuk.etsy.com>

