

The Things I Will Never Say to My Child

You are not wanted here

Insert name of child's peer does XYZ better than you

You will never amount to anything

You are not needed

Joke about child's deficiency or lack of knowledge in an area

As a child, I was better at insert name of activity than you are

You are not stylish, a good dresser or good at picking out clothes

You are not smart enough for XYZ

You are insert toxic black community insult i.e. knock knees, big head, bow legs, hair too thin, hair too thick, bald head, too nappy, feet too big, too dark, big lips etc.

You are a sissy or fagot

You are too fat or too thin

You can be anything

You can do everything

Never tell a child that a person that doesn't spend time with them, show up for them, or reaches out to them that they love them, even if it's a parent. That is not love and we need our children to know what love is and isn't.

**Words are some of the most powerful tools in the universe. With them, we build the voice in our child's head and have the power to determine how they spend their future. Use them wisely