

5 Texts to Send to Your Teen

1.) I trust you and value your opinion.

2.) I am sorry for ____, I reacted badly to the situation. Please forgive me. Moving forward I will ____.

3.) Sometimes I get insecure or I am afraid. I can't imagine what you are going through but I am here for you.

4.) You are not a failure. Failing an exam or doing poorly on a test is not detrimental to your core. It was one bad test and there will be so many more. I am proud of you for trying your best.

5.) You are beautiful and filled with amazing talent. I am here to support you.

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