

# A Promise to My Child

(My Antidote for Unrealistic Parental Expectations)

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I promise to remind myself **often** that...

You are your **own** person.

You are **separate** from me, and not just a reflection of me.

You can make your **own choices**,  
and I will guide you and teach you the best that I can.

I will not try to mold you into something  
you **do not want** to be.

You are **wonderful** and **unique** and **special** in so many ways  
that are all your own.

I know that you are doing the **best that you can** with the  
skills and knowledge that you have at this time. And you  
are moving at your **own individual pace** through this life.  
That's okay with me.

I will worry less about how I feel about you.  
And more about how **YOU feel**.

I will **support** you. I will **love** you. I will **accept** you.  
I will **cherish** you.

And I will **celebrate** you.

For being **YOU**.