

# Kind Words to Say When We Say Goodbye to Our Children

To help them feel safe, supported and ready for the day

Be kind to yourself.

You are allowed to feel all kinds of things.

I can't wait to hear about your day.

I can't wait to see you later.

Do your best - that is always enough.

I am thinking about you.

You can ask for help if you need it.

Try something new, if you feel ready.

Have fun and notice the good moments.

I love you so much.

Take things one step at a time.

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