

WHY ADULTS SHOULD SAY SORRY TO CHILDREN

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Children often learn how to handle mistakes by watching the adults around them.

When adults admit they were wrong and apologise, children learn that mistakes can be acknowledged and worked through.



Saying sorry to a child does not weaken authority. It shows honesty, respect, and responsibility.

When adults apologise, children learn:

- Everyone makes mistakes
- Taking responsibility is normal
- Relationships can be repaired
- Their feelings matter



When adults rarely or never apologise, children may learn:

Adults are always right

Power matters more than fairness

Their feelings do not count

Problems are ignored instead of repaired



A simple apology can sound like:
"I should not have spoken to you like that."
"That was not your fault. I am sorry."
"I was frustrated, but that was not fair."

Apologising does not weaken a parent or carer. It teaches children how healthy relationships work.

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