

# I PROTECT MY CHILDREN

## **I protect my children.**

I keep my children away from harm and pain. As a loving and supportive parent, I protect them each day.

My kids know I have their best interests in mind while I protect them.

## **They understand that I keep them safe.**

My kids know I work hard to protect them from the harshness of the world. They acknowledge my efforts and thank me.

I find a beneficial balance between protecting my kids and letting them enjoy life. I know what to restrict and what to allow. I monitor their lives, but I give them the freedom to grow and evolve.

Safety is important for my family.

## **I teach my kids how to stay safe, but I avoid making them afraid of the world. I**

know they need to be aware of their surroundings. They need to understand danger and respond to it. However, they also need to experience love and trust.

## **I nurture my children. I give them tools to**

navigate the world safely.

I help my kids grow into independent and strong adults. I help them thrive and learn new skills.

Today, I keep my kids safe. I wrap a cloak of protection around them that follows them with every step.

## **Self-Reflection Questions:**

1. How can I protect my children while giving them the chance to grow and experience new things?
2. What more can I do to keep my kids safer?
3. How can I enable my extended family to help me protect my kids?