



PARENT TO CHILD POSITIVE AFFIRMATIONS

LOVING MESSAGES FROM CHILD & PARENT

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I AM SAFE

(YES! YOU ARE SAFE, SUPPORTED AND PROTECTED)

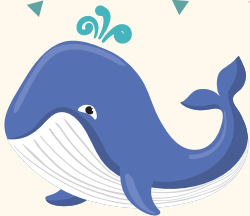
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I AM BRAVE

(YES! YOU ARE NOT AFRAID TO TRY THINGS)

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I AM FUN

(YES! YOU ARE FUNNY, AWESOME AND ADORABLE)

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I AM CHEEKY

(YES! YOU ARE CUTE, I CAN SEE AND HEAR YOU)

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I AM HAPPY

(YES! YOU ARE PRECIOUS AND SPECIAL)

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I AM STRONG

(YES! YOU DO THE BEST YOU CAN, GREAT WORK)

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A giraffe with brown spots on its orange body stands on the right side of the image. A small pink bird is perched on its back. The background is white with scattered colorful triangles in shades of teal, yellow, and red. The entire scene is framed by a thin orange border.

I AM GROWING UP

**(YES! EVERYDAY YOU GET
BIGGER AND BETTER)**

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I AM A GOOD FRIEND

(YES! YOU HAVE LOTS OF GOOD FRIENDS)

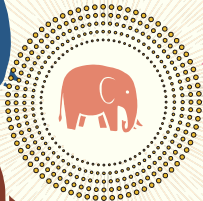
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I AM CLEVER

(YES, YOU ARE BRIGHT, SMART AND DO WELL)

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I AM LOVED

(YES! YOU ARE LOVE, LOVED AND LOVING)

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I AM LUCKY

(YES! YOU ARE PERFECT AS YOU ARE)

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PLACE A
FAVOURITE
PHOTO HERE

.....

I AM

(YES! YOU ARE))

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DREAM BIG

— LITTLE ONE —

MY CHILDHOOD AFFIRMATIONS



I AM LOVED

(YES! YOU ARE LOVE, LOVED AND LOVING)

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I AM LUCKY

(YES! YOU ARE PERFECT AS YOU ARE)

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I AM HAPPY

(YES! YOU ARE PRECIOUS AND SPECIAL)

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I AM CLEVER

(YES, YOU ARE BRIGHT, SMART AND DO WELL)

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I AM SAFE

(YES! YOU ARE SAFE, SUPPORTED AND PROTECTED)

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I AM

I AM SPECIAL

Jacqui Fernandez
Naturopath, Nutritionist, Psychotherapist & counsellor



FACEBOOK



INSTAGRAM



PINTEREST

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