

Toddler Affirmations

Little_____, it's okay to be curious, to want, to look, to touch and taste things. I'll make it safe for you to explore.

I love you just the way you are, little_____.

I'm here to take care of your needs. You don't have to take care of mine.

It's okay for you to be taken care of, little_____.

It's okay to say no, little _____. I'm glad you want to be you.

It's okay for both of us to be mad. We will work our problems out.

It's okay to feel scared when you do things your way.

It's okay to feel sad when things don't work out for you.

I'll not leave you no matter what!

You can be you and still count on my being there for you.

I love watching you learn to walk and talk. I love watching you separate and start to grow up.

I love and value you, little_____

Now that you've reclaimed your toddler self, spend several days repeating the affirmations to him/her. Imagine lovingly hugging your toddler self as you say them. Add the affirmations that triggered the most emotion-they're the ones you most need to hear.