

Tips for Celebration Letters

Encouraging your child through written words



This letter becomes a meaningful keepsake in your child's healing journey. When you specifically recognize their growth and resilience, these positive observations become part of how they see themselves. Children often treasure these letters, returning to them during challenging times as evidence of their strength and progress. Your words help transform their self-perception from someone defined by trauma to someone capable of overcoming difficulties.

Getting Started

- Set aside quiet time to reflect on your child's journey and the strengths you've observed.
- Choose specific examples of when you've seen your child show courage, resilience, or growth during therapy.
- Focus on their effort rather than just results. Recognize the hard work they've put into their healing process.

What to Include

- Specific moments that made you proud, such as: "I noticed how you used your breathing techniques when you felt worried about your test."
- Growth you've observed: "I've seen how much more comfortable you've become talking about your feelings."
- Qualities you admire in your child: their persistence, honesty, creativity, or bravery might be a few examples.

Writing Style Tips

- Use warm, supportive language that feels natural and genuine to you.
- Keep your letter age-appropriate for your child's understanding level.
- Aim for 1-2 pages. This length is enough to be meaningful without overwhelming your child.
- Balance past challenges with present strengths and hope for the future.

What to Avoid

- Don't focus on the trauma details. This letter is about strength and recovery.
- Avoid conditional praise like "I'm proud when you..." which might suggest your love depends on their actions.
- Skip any criticism or suggestions for further improvement. This letter is purely a celebration.

Closing Your Letter

- Express your ongoing support for their continued journey.
- End with an affirmation of your love and belief in them.

Working with Your Child's Therapist

- Schedule a time with your child's therapist to discuss the letter. They can provide guidance specific to your child's therapeutic journey.
- Share a draft with the therapist before finalizing it. They may suggest helpful adjustments based on therapeutic goals.
- Consider writing this letter during a session with your child's therapist if you find it challenging to start on your own. Your child's therapist can provide real-time support and suggestions.
- Ask for specific examples from therapy sessions that you might not have witnessed but would be meaningful to include.
- Discuss with the therapist how and when the letter will be presented to maximize its therapeutic impact.
- Remember, your sincere words recognizing your child's courage and growth will become a treasured reminder of their strength and your support.