

When I Come Back After a Hard Moment

When I come back after a hard moment, I teach my child:

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1 Hard moments don't have to end connection.
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2 We can return after getting it wrong.
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3 Repair can rebuild trust and safety.
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4 Love doesn't disappear because something was difficult.
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5 Coming back matters more than pretending nothing happened.



They're learning that connection can bend, repair and still remain.

