Mom and Dad,
All this chaos feels too big for me. Sometimes I might feel OK. But sometimes I don't. When I feel sad or scared I might cling or get real quiet or act out of control. At those times I'm telling you I don't know what to do with how I'm feeling.

I need you to:
✦ Talk with other adults and let them help you trust in the future
✦ Be in Charge
✦ Be kind
✦ Give me predictable daily routines
✦ Sit down with me often, offer soothing reassurance, and let me know it's still OK to be afraid

I'm really saying please help me. I need you because I'm often still scared and confused. You may not realize how much you help me just by being with me.

The Circle of Trust applies to children of all ages
See: www.circleofsecurity.org