



15 Texts to send your teen to reduce stress & encourage kindness

- 1 - "Hey, just want to say thanks for cleaning up the entry way, I loved the way it felt to walk into a clean home."
- 2- "Guess what? You were right! I didn't have to remind you about _____. I was wrong. Next time, feel free to remind me how responsible you are."
- 3- "By the way, there is nothing you have to do today. The day is yours."
- 4- "I'm so impressed with all you are doing. You are managing your busy calendar so well."
- 5- "I'm pretty good at finding things to worry about but with you, I can't. I just know that you will have a great future and you will handle it all beautifully."
- 6- "I trust that you will figure things out."
- 7- "I don't know how you do it. I sat in a meeting for an hour and was so bored and restless. You impress me."
- 8- "I never would have had the courage, at your age, to do what you did today."
- 9- "How did I get so lucky to get such a great kid?"
- 10- "You are just amazing." "Here's \$20. take the day off and just do nothing. You deserve a break."
- 11- "You do a great job of putting up with me. Hang in there, I'm almost fully trained."
- 12- "I love it when you stay true to your values, even if it means you argue with me."
- 13- "Thank you so much for helping clean up after dinner. It meant the world to me."
- 14- "I love it that whether your grades are good or bad, you know you can tell me the truth."
- 15- "I admire your courage to do the right thing, even when it's difficult."