

Reflection Page for Parents

After Reading "A Letter From Someone Who Has TGA"

You are reading this during one of the hardest moments of your life. This page is not meant to fix anything or rush you forward. It's simply a place to pause, breathe, and reflect, whenever you're ready.

You can write as much or as little as you want. There are no right answers.

Right Now

- One word that describes how I feel today:

- The biggest worry sitting with me right now is:

After Reading the Letter

- One sentence or idea that stood out to me:

- Something the letter made me feel (comforted, scared, hopeful, seen, unsure, etc.):

About My Baby

- My baby's name: _____

- One thing I love about my baby (right now, today):

- One moment today even a small one that mattered to me:

What I Wish I Could Tell My Baby Someday

(You can come back to this in the future.)

Looking Ahead (Only If You're Ready)

- One hope I have for my child's future, big or small:

- One thing I want to remember about this time:

A Gentle Reminder

You do not have to be strong all the time.

You do not have to understand everything today.

You are already doing enough by loving your child.