

LOVE, MOM JOURNALS

A Sacred Way to Communicate with Your Kids



I started a communication tool I refer to as “Love, Mom” journals for each of my kids when they started middle school.

Each of my older children have a notebook they keep in their bedrooms. The notebooks are a safe place for them to mention anything that might be on their minds that they want to discuss.



If they want suggestions or answers, they put their notebooks (pick a place like top bureau drawer) so I know to respond. I read the notebooks daily. This is where they express simple things such as wanting an upgrade on their phone because they dropped it and cracked the screen (ugh!) to something more personal such as being embarrassed that they have body odor.

I give them suggestions or answers depending on the topic or questions and sign at the end of my notes Love, Mom.



My children and I go back and forth exchanging quick comments in the notebooks.

It's time well spent as it's a great way to communicate without awkwardness or embarrassment for your child as they can ask anything so they have all the information they need from you.

Along with strengthening the bond between my children and myself, these journals also prevent my kids from getting misinformation elsewhere.

These journals give your kids one more way to know you love them!