

THE ONE PHRASE THAT CHANGES EVERYTHING

Help your child feel safe, loved, and not to blame
even in an emotionally unsafe environment

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SETTING THE FOUNDATION

THE ONE PHRASE THAT CHANGED EVERYTHING

When you're supporting a child who has a narcissistic parent, the most important thing is not just what you do...

It's **the thinking behind it**

Everything needs to have **intention**
Everything needs to have **meaning**

This is about being **proactive, not reactive**

It's about understanding:

What does my child need from me right now?

And then shaping your response around that

EVERY CHILD IS DIFFERENT

Every narcissistic relationship, although similar in patterns, will be experienced differently by each child...

But there is one thing that doesn't change

ONE SIMPLE PHRASE CAN CHANGE EVERYTHING

This is the phrase that helped my children feel **safe again**

The one that helped them feel **loved no matter what**

The one that changed **how they see themselves**

It helped them stop **blaming themselves**

It helped them **trust themselves again**

EMOTIONAL SAFETY COMES FIRST

INSIDE MY STEADY FOUNDATIONS APPROACH

I talk about the **five pillars of safe communication** with children

The first and most important is:

EMOTIONAL SAFETY FIRST

We have to ask ourselves:

How do I help my child feel safe in a world that already feels unsafe to them?





And I want to say this gently, but honestly...

If you have experienced this kind of relationship yourself you already know :

How confusing it can feel

How long it can take to process

How much it can affect the way you think and feel

Your child is experiencing that too

Not in exactly the same way but in a way that still feels very real in their body

THIS ISN'T TO OVERWHELM YOU

It's to give you **awareness** because awareness is what allows you to respond with **intention**

WHY THIS WORKS

WHEN CHILDREN ARE IN CONFUSING OR EMOTIONALLY UNSAFE ENVIRONMENTS,THEIR NERVOUS SYSTEM STAYS ON HIGH ALERT

They become:

hyper aware

hyper vigilant

It can feel like a constant buzzing inside their body

THEY NEED WAYS TO REGULATE

This simply means helping their body **calm down** and feel **safe again**

EMOTIONAL REGULATION

There are lots of ways to do this

Some children use grounding objects like a stone, a toy, or something they can hold

But these can be:

lost
forgotten
or even **taken away**

That's why I always come back to this:

GIVE YOUR CHILD SOMETHING THAT CANNOT BE TAKEN FROM THEM

A phrase

Something they can carry with them everywhere they go

THE PHRASE

This is the phrase I used with my children:

"There is nothing that you can do that will stop me from loving you. I will love you forever and always."

This works because it answers the belief underneath everything:

It's my fault
I caused this
Love can be taken away





This phrase gently replaces that with:

You are **not to blame**
Love is **not conditional**
You are **safe with me**

And most importantly...

It is **connected to you**

Not "people love you"
Not "you are loved"

But: **I love you**

You are their **safe place**

HOW TO USE IT

START ADDING THIS IN NATURALLY:

After a meltdown
When they're seeking reassurance
When they apologise unnecessarily
At bedtime
In calm, everyday moments

Say it **consistently**

Not just when things go wrong but all the time

OVER TIME, SOMETHING POWERFUL HAPPENS

They begin to **repeat it to themselves**

Even in moments where you are not there

They carry your voice with them **and that is where the change begins**

WHAT IF THE PHRASE DOESN'T FEEL LIKE YOU?

It's important that what you say feels **natural** because your child will feel that too

So if the exact words don't feel quite right, you can gently adjust them

But try to keep the meaning the same:

Your love is unconditional
Your child is not to blame
Your connection is safe and always the same

You might find that even if it feels unfamiliar at first, the more you say it... the more natural it becomes

And often, this is the phrase children hold onto the most

Hi, I'm Ashling

I'm a parent educator, childhood and psychology specialist, and children's author
But before any of that... I'm just a parent.



ABOUT ME

Four years ago, I left a domestic violence relationship

Since then, my focus has been simple to support my children, protect them, and help them understand the environment they were in and how it makes them feel.

And above all:
For them to know that "There is nothing they can do that would stop me loving them. My love is for forever & always."

One of my biggest fears was that they would grow up thinking this was normal

That they might go on to repeat these patterns or accept them in future relationships

I began to notice changes in:
- their behaviour
- their coping strategies, and
- their nervous systems

And I knew I needed to help them understand what they were feeling inside

So I created simple, child-appropriate ways to talk about these experiences
- Without **blame**
- Without **shame**, and
- Without **overwhelming them**

That's how my work and my books began

Everything I create is designed to help children feel **safe**, make sense of what they're experiencing and understand one thing clearly

This is not their fault

FOR MORE INFORMATION:

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