

In Case I die 2 Soon

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Mike Abbo

In Case I die 2 Soon

- parenting after death

Dedication:

I dedicate this book to the mourning people who have lost a parent and especially to the young children, who have lost them way too early

My dear child,

I am happy you found this book.

When a close person passes, it takes time to adapt to the new reality but time will heal all wounds and so it will be for you.

This book is meant to help you through the years. Whenever you need my advice or opinion. Maybe some new questions or situations occur and you wonder what I would have said or thought about it. You will find many answers here.

This book made it a bit easier for me to let go and I hope that it will help you in your future life without me, and with me.

I love you and this book is for you.

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1.1 Prolog

This book is not only for crazy bikers, parachuters and stuntmen who ride burning unicorns, but for every human that can suffer from a severe illness, die in a car accident or that can get hit on the head by a downfalling satellite!

Life is amazing but also dangerous and finite (if you are not a vampire). Life can end from one second to the other and you might not get a chance to leave your most important thoughts to your children. Here is your chance.

This book will help you, guide you and make it super easy for you to say or add what has to be said.

The purpose of this book is, to pass on knowledge, experience and wisdom of a parent to the children in the event of an early and sudden death.

This book can and should be personalized by the owner. At the end of each chapter you find pages for personal notes. Cross out passages you disagree with or underline those you strongly agree with and let your successors know your feelings and opinions.

This book is for those who love the idea of passing on a long letter to the children, but not having the time or skill to do so. If this task seems too overwhelming and you don't even know where to start, here is your guide.

Many responsible parents take out term life insurance for their children in the event of death. This book is like such insurance, only that it pays with words!

This book does not claim to cover every possible topic or a topic in it's possible broadness and depth. It is meant to give some advice to the kids, some structure to the authors (parents) and the possibility to personalize it by editing and adding more text.

Your words to your loved ones are more likely to be found in a book than in a letter or in the depths of the password protected computer.

Take advantage of the structure of this book!

This book will bless, comfort, and provide therapy for children who have lost a parent too soon. Parents have the opportunity to support their children with advice even after their untimely death.

1.2 Who am I

The danger of describing myself is that you might think, i´m not letting this dude pass on his knowledge and ideas to my children. The good thing is, you will not have to! This is your book! you can paint a black tooth on my picture, in case i´m so vain that i want to have one in this book. Actually, here is a picture of me, knock yourself out:



You can cross out sentences and add your own at the end of every chapter where I left some space for your additions.

I´m trying to help you. Who am I?

Let's keep this very short: My name is Mike, born in 1980 in Germany. I grew up in a city near Frankfurt am Main. Our social

status was middle-class but the love I experienced from my parents was elite and I wouldn't want to have had it the other way around. I am a very reflective person and all the mistakes I made growing up weren't so great for my parents, but very profitable for this book. I know what I want different for my kids.

I am a believing Christian and I love sportive activities. I have many hobbies and I always like to learn and do new things. The latest new thing was writing a book.

The most important thing about me and this will be the last thing: I am a loving father of two wonderful kids.

There is much more to say, but this book is not about me, it's about us parents, the danger of something happening to us and the possibility of passing on wisdom and guidance to our children, in the case of our sudden passing.

A book they can open, whenever they miss us or need advice.

With all faith I have, this is one of my biggest worries: leaving the kids behind with many things unmentioned. This book will take care of this matter of mine and if you want, with this matter of yours. In the process of writing this book I was excited and literally burning for it because I loved the usefulness of it. I wanted to have it myself! The thought of a book creating calamity for parents and value for kids made my heart jump.

Have fun with this book and get busy personalizing it.

In the name of all of us:

Kids, this is for you, we hope you will never need it, but if you'll ever need it, this is for you!

Sincerely yours,

Mike Abbo

2 About this book

2.1 Purpose of this Book and how it works

This book is not a guide from me to your children, but a template that is intended to become a guide from you to your children. Here you will find many topics and a structure that you can use as a guide.

The purpose of this book is to pass on wisdom, information, guidance, and experience to the left-behind child in the case of a sudden death.

My conclusions about life are not necessarily yours. That's why I invented the reappearing term CO-AYO (cross out - add your own). Cross out whatever you disagree with, add your own thoughts and opinions at the end of each chapter. Underline whatever you strongly agree with.

This book does not claim to be able to cover all topics in detail and completely. Almost every chapter deserves its own book. You'll find a section in this book where you can recommend the must-reads and favorite books to your offspring.

If you don't like some of the advice given in this book, cross them out. This is your book! Personalize it!

Here is how you own a chapter. This way, the text becomes your own:

No matter how heated the conflict gets, always treat others with respect. Avoid name-calling or hurtful comments. Look for areas where you both agree. This can help build a foundation for a solution.

Sometimes, you may need to give a little to get a little. Compromise is a key part of resolving conflicts.

Take a Break if Needed! If the conflict becomes too intense, take a break to cool down. Return to the discussion when you're both calm.

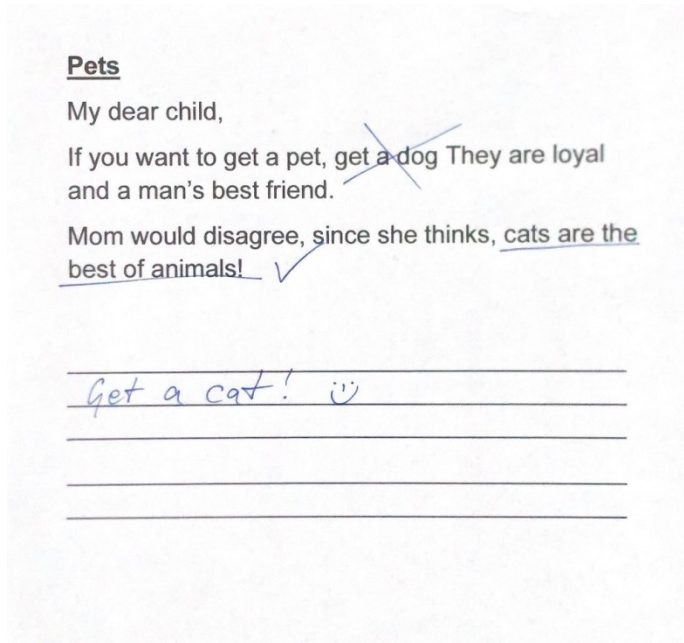
You are strong, smart, and capable of handling conflicts with grace and kindness. Conflicts are a part of life, but they don't have to be scary or negative. By approaching them constructively, you can build stronger relationships and learn valuable lessons. Remember, even if I'm not there to guide you, you have the wisdom and strength to find constructive solutions.

With all my love, *Mama*

please take this chapter to heart, I agree with every line! Remember, none of us are perfect.

Underline, cross out, circle words, add text and sign each Chapter - that is how you own this book and make the text become your own!

The following is an example of what you can do with the text of this book, depending if you agree or disagree.



PS: we will not bark about pets in this book.

Last but not least, but a very serious matter:

There are some controversial topics that allow different opinions, for example on topics of sexual education.

This book is intended to serve all people, regardless of their faith and world views. Please use CO-AYO (cross out, add your own) if necessary and don't be annoyed by texts that may differ from your opinion. Personalize this text. This is your book!

Note for Kindle Users:

You can read this book on your Kindle, but only the print version allows you to edit and personalize it.

Experience the full features and personal touch with the printed edition!

2.2 The Problems this book solves

A parent is afraid of dying unexpectedly, leaving the children with things unsaid, stories untold, and without any chance of participating in further education

The child's longing for the parent's instructions and advice after his or her death

The thought about leaving a few lines to your children in the case of death. It usually fails because the task seems too overwhelming, you wonder what topic you should start with and you simply leave it alone due to a lack of knowledge and skills. This book provides the structure and guides the parent through this task.

2.3 Why different Versions?

The different versions of this book (Christian, secular and Muslim) are intended to give readers better access to the book depending on their faith and beliefs. Thus, in the Christian version there is a Bible verse or a Christian perspective here and there, in the Muslim version a sura, while in the secular version this is completely dispensed with. It is not a question of sharing or even teaching any doctrine, but of responding to the needs of the different readers.

Another example is baptism, which is a concern for Christians and is therefore a topic in the Christian version in the section on childhood, whereas it is not important for Muslim parents in their upbringing.

2.4 About this Version

This is the Christian version of the book “In Case I die 2 soon”. It contains Bible verses and answers some of life's questions, such as questions about marriage, forgiveness and death, with a biblical reference rather than purely secular answers. The same applies here: underline, cross out, add text. The book, like all its versions, should be personalized and populated with the views of the book's owner. This version is intended to facilitate access for the Christian owner of the book.

2.5 To the One, who found this Book

My deepest condolences for your loss.

This book is a gift from the loved one who has now passed away.

May this book help you through this painful time and speak to you throughout your life.

Your loved one shares his personal story here, but above all it gives you advice in the different stages of your life on a wide variety of important topics.

What would mom/dad have told me about this or that topic?

Hopefully you will find out here. I recommend that you only read the chapters on topics in your age range, as older age topics will probably overwhelm you and are not appropriate before you have reached the corresponding phase of your life.

Be patient, this book will always be there for you, and with it the words, advice and instructions of your beloved mother/father.

I, the original author of this book, wish you a lot of strength for the difficult times ahead and that this book may give you comfort, support and blessings.

Sincerely yours, Mike Abbo

“Legacy is not what I did for myself. It's what I'm doing for the next generation.”

Vitor Belfort

2.6 A Letter & a Hug

About this letter. I wrote this letter for my personal version of this book and I decided to leave it in the official version for everybody. By signing it, you can make this letter your letter to your kids. You can also use it as inspiration for another letter. If these words don't reflect your nature, feel free to remove this page from the book. I left the backside of this page empty, in case you want to remove this page.

My beloved Child,

whenever you need a hug or an “i love you”, open this page and read this. Close your eyes, take a deep breath until your lungs are filled with air. Hold it in for a short moment and imagine I hug you. It is not an imagination, but my will, which becomes reality at this point. What you feel right now is a hug of me that I planned a long time ago. Know that I love you. Even now, because my love will never die. Heaven is made for children and God loves you more than anything. The fact that I died does not change the truth of God's love to you. You are grieving and since God created you, he knows you and there is room for sadness and even anger. I can only tell you how I used to deal with difficult questions that I just couldn't bring into connection with God and his Goodness. There is a passage in the Bible that I really loved. You find it in the book of Isaiah 1:18 “Come now, let us settle the matter,” says the LORD.

Instead of becoming bitter by not finding answers, have some patience and faith in the Goodness of the Creator and just postpone your questions for the final meeting.

Stay positive, always. Say it out loud: I will not allow this to break me, this is not what my father/mother wanted for me. Hey! I love you very much and I want you to be happy. I wrote (or edited) this book for you, so you would not be alone with your questions.

Don't think that you have any guilt and never doubt God's love for you. Trust in good (yes, double O) and renounce bitterness. And here is why: if you live in bitterness and receive an answer later, that resolves everything, you wasted your life. If you trust and never wake up after death, you lived with a wrong positive belief that blessed your life and wasted nothing. And if we are right, then we will be happy now and happy forever, even after this life is over. I wish you a happy life and the assurance that you are being loved and that you can never fall deeper than into the hands of God. I love you - always. Until we meet again.

Your _____

3 Childhood

3.1 Love and Family Bonds

Ephesians 4:2-3 (NKJV): *"With all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace."*

My dearest child,

Love and family bonds are the most precious gifts we have in life. They bring warmth, happiness, and a sense of belonging.

Love is a powerful force that binds us together. It is shown in the little things we do for each other, like sharing a meal, giving hugs, and spending time together. Love means being kind, patient, and understanding with one another. It is important to always show love and appreciation to your family members, even in small ways.

Family bonds are the connections we have with each other. These bonds are built on trust, respect, and mutual support. Our family is a team, and we support each other through good times and bad. By working together, we can overcome any challenge and celebrate our achievements. Always remember that you are an important part of this family, and your love and support make us stronger.

Love means accepting someone and being there for them, regardless of their flaws or mistakes. It means that you are always loved, no matter what happens. Mom/Dad and I love you more than anything, and nothing will ever change that. This love gives you security and comfort.

Respecting your mother and father is a fundamental value that shapes your character and guides your interactions with others. Your parents have been your first teachers, caregivers, and role models. They have dedicated their time, energy, and love to nurturing and guiding you. Showing respect for them means appreciating their

efforts, listening to their advice, and valuing their experiences. It involves understanding their sacrifices and acknowledging the wisdom they offer. Respect is expressed through kind words, thoughtful actions, and a willingness to support them as they have supported you. By honoring your parents, you not only strengthen your family bonds but also set an example of respect and gratitude for future generations. This mutual respect fosters a loving and harmonious family environment, contributing to your overall well-being and personal growth.

Your family is the first and most important network that supports you. Whether you have siblings or are an only child, your family consists of people who love you and are always there for you. Even when we argue or have different opinions, it's the love that binds us together and makes us strong.

The time we spend with our loved ones is precious. Playing games, reading stories, laughing together – these moments are what make life special. Take every opportunity to create beautiful memories with your family.

No one is perfect, and sometimes we make mistakes or hurt each other. In those moments, it's important to forgive and show understanding. Forgiveness heals wounds and strengthens the bonds between us. Remember, it's always better to talk things out and resolve conflicts.

Being part of a family means being there for each other and supporting one another. Whether it's helping with homework, offering a kind word, or just listening – your family will always appreciate it. These small acts of support show how much you love and are loved.

Family bonds are strengthened through shared experiences and traditions. Whether it's family dinners, vacations, or celebrations – these traditions create a sense of togetherness and unity. Hold on to these traditions and create new ones that bring joy to you and your family.

The love you receive can also be given to others. Be kind and helpful to people, whether at school, in the neighborhood, or among friends. Love is a powerful energy that grows the more you share it.

Even though I'm no longer with you, the bond that connects us remains. You carry the memories and love in your heart, and they will always accompany you. Be sure that I am proud of you and love you more than anything.

In times when you feel sad or lonely, remember that God's love is always with you. Believe that you are never alone and that there is always hope. God's love gives you strength and comfort, no matter what happens.

My dear child, the love and family bonds that connect us are infinite. They give you strength, security, and the knowledge that you are always loved. Keep these values in your heart and pass them on, for they are the most precious things we have.

With all my love,

3.2 Solutions for Conflicts

Matthew 5:9 (NKJV): *"Blessed are the peacemakers, for they shall be called sons of God."*

My dear Child,

conflicts happen when people have different opinions, needs, or feelings. They can occur with friends, family members, or even classmates. It's important to remember that conflicts are not

necessarily bad; they are opportunities to learn and grow. Here's how you can approach conflicts constructively:

When you feel angry or upset, take a deep breath and try to stay calm. It's hard to think clearly when you're emotional.

Listen to the other person's point of view without interrupting. This shows respect and helps you understand their perspective.

Use "I" statements to express how you feel and what you need. For example, say "I feel hurt when you say that" instead of "You are mean."

Here are some steps you can follow to find constructive solutions:

Clearly define what the conflict is about. Understanding the root cause helps in finding a solution.

Brainstorm different ways to solve the problem. Be open to suggestions and consider what will work best for everyone involved.

Choose a solution that everyone can agree on. Make sure it's fair and addresses the needs of all parties. Once you've agreed on a solution, stick to it. If the problem persists, revisit the discussion and make necessary adjustments.

No matter how heated the conflict gets, always treat others with respect. Avoid name-calling or hurtful comments. Look for areas where you both agree. This can help build a foundation for a solution.

Sometimes, you may need to give a little to get a little. Compromise is a key part of resolving conflicts.

If the conflict becomes too intense, take a break to cool down. Return to the discussion when you're both calm.

You are strong, smart, and capable of handling conflicts with grace and kindness. Conflicts are a part of life, but they don't have to be

scary or negative. By approaching them constructively, you can build stronger relationships and learn valuable lessons. Remember, even if I'm not there to guide you, you have the wisdom and strength to find constructive solutions.

With all my love,

3.3 Self-Esteem and Self-Love

Dear Child,

self-esteem and self-love are two of the most important things you can nurture in your life. They help you to understand and appreciate your worth, and they give you the confidence to face the world with a positive attitude.

Self-esteem is about believing in yourself and knowing that you are valuable just the way you are. It's important to remember that everyone has unique qualities that make them special. Celebrate your strengths and work on areas where you want to improve, but always remember that you are already amazing just as you are.

Self-love means taking care of yourself and being kind to yourself. It's about treating yourself with the same kindness and respect that you would offer to a good friend. Sometimes, you might feel down or make mistakes, and that's okay. Be gentle with yourself and understand that nobody is perfect.

One way to build self-esteem and practice self-love is to do things that make you happy and proud. Whether it's drawing a picture, playing a sport, or helping someone in need, these activities can remind you of your strengths and bring joy to your life. Surround

yourself with people who lift you up and appreciate you for who you are.

From a Christian perspective, remember that you are wonderfully made by God. Psalm 139:14 says, "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." This verse reminds us that we are all created in God's image and that we should cherish and love ourselves as His creations.

I hope these thoughts help you understand the importance of self-esteem and self-love. You are a wonderful person and I want you to always remember your worth.

With all my love,

3.4 Responsibility for Actions and Decisions

Hello, my dear child,

I want to talk to you about something very important – responsibility. Understanding and taking responsibility for your actions and decisions is a crucial part of growing up and becoming a strong, kind, and thoughtful person.

Responsibility means being accountable for what you do and say. It shows that you are dependable, trustworthy, and capable of making good choices. Here are some reasons why responsibility is important:

When you take responsibility for your actions, people know they can rely on you. Trust is like a precious bond that makes relationships strong and lasting.

Taking responsibility helps you learn from your mistakes and grow as a person. It's okay to make mistakes, as long as you learn from them and try to do better next time.

Being responsible allows you to make your own decisions and take care of yourself. This independence is a key part of growing up.

Here are some ways you can practice responsibility every day:

Own Your Actions: If you do something wrong, admit it. Don't try to hide or blame others. Saying "I made a mistake" shows courage and honesty.

Think before you act. Consider the consequences of your actions and choose what is right, not just what is easy.

If you say you will do something, make sure you follow through. Being reliable builds trust with others.

Take on tasks and chores at home and at school. Helping out shows that you care and are willing to contribute.

Here are some tips for making good decisions:

Before making a decision, think about what might happen as a result. Will your choice have a positive or negative impact on you and others?

Don't be afraid to ask for help. Talk to someone you trust, like a teacher or family member, and get their perspective.

Make decisions based on what you believe is right. Your values are like a compass that guides you in the right direction.

Always Remember

You are brave, smart, and capable. Taking responsibility for your actions and decisions is an important part of being a good person. It's not always easy, but it is always worth it. Remember, even if I'm not there to remind you, you have the strength and wisdom to make good choices and take responsibility.

3.5 School

Hey my darling,

I want to talk to you about something that is a big part of your life: school. It's been some time since I went to elementary school and so I have to think for a while what possible questions could appear from the child (you!) to the parent (me!).

School can be challenging and even overwhelming at times, but it's also an incredibly important time in your life. Here are a few things I'd like to share with you.

School is not just a place where you absorb knowledge and write exams. It's also a place where you learn how the world works, how to solve problems and how to behave in different situations. The skills you learn here will be useful throughout your life.

Teachers are there to help and support you. They have a lot of experience and knowledge that they are happy to share with you. Be respectful and attentive in class, ask questions if you don't understand something and show interest in the subjects. A good relationship with your teachers can go a long way to helping you succeed and enjoy learning.

You may not get on so well with some teachers. In such cases, it is important to remain respectful and still do your best. Try to

understand their perspective and show that you are willing to work with them. If things get really difficult, talk to a guidance counselor or your parent to find a solution together.

Your classmates are not just people who happen to share the same classroom. They are potential friends with whom you can laugh, learn and grow. Be friendly and helpful, support your friends and stand up for them when they need help. Conflicts may arise from time to time, but it is important to resolve them through conversation and understanding.

Tensions can also arise between classmates. If you have problems with a classmate, try to stay calm and talk to them. It often helps to clear up misunderstandings and find common ground. If the situation doesn't improve, get support from teachers.

There will be times when you have difficulties - whether it's a difficult math problem or a conflict with a friend. Remember that challenges are there to be overcome. You are strong and smart, and you can overcome any obstacle if you put in the effort and seek support when you need it.

Learning can and should be fun. Find the subjects and topics that really interest you and immerse yourself in them. Take time to try out new things and discover what you enjoy. School is not just work, it is also an opportunity to find and develop your passions.

Always give your best for your own sake, but know this: how good you are in school is not connected to the amount of love that we have for you! It is because you are loved so much that we care for your future.

I am incredibly proud of you and all that you have already achieved. No matter what challenges you face, I firmly believe in you and your abilities.

With all my love,

3.6 Having a Crush, Being in Love

Hello my little darling,

I would like to talk to you about something that many people experience at some point: Falling in love, having a crush on someone. Maybe you've had this feeling before or know someone who has. It's completely normal and nice to feel in love at some point.

Being in love means that you are particularly fond of someone. You often think about this person and are happy when you see them. Your heart beats a little faster and you may feel a little excited.

It's perfectly okay to fall in love. It happens to many people, no matter how old they are. Falling in love can be a beautiful feeling, and you can learn a lot about yourself and others in the process.

When you are in love, it is important that you always remain yourself. Show the person you like who you really are. Be friendly and honest, that makes you special and lovable.

Sometimes the person you're in love with likes you too, but maybe not in the same way. That's okay. It's important to stay friends and have fun together, even if you're not in love.

If you want to talk about your feelings, feel free to do so. You can talk about it with mom/dad or a good friend. It often helps to share your thoughts and feelings.

Remember that you still have plenty of time to learn more about being in love and love. Just enjoy time with your friends and family,

play and have fun. Being in love is just a part of life and comes naturally.

No matter what happens, you are wonderful just the way you are. Being in love can be exciting and new, but it's only a small part of everything you experience. You're amazing and I'm always proud of you!

With all my love,

3.7 Friendship

My dear child,

many of my beautiful childhood memories involve my childhood friends. My own birthday parties and those I was invited to. The playdates and the neighborhood friends I met up with to play together.

That's why I would like to talk to you about something that is really important: friendship. Friends are a wonderful part of our lives and bring us a lot of joy and support. Friendship is having someone you can have fun with, someone you can trust and someone who is there for you. Friends laugh together, play together and help each other. It's a great feeling to have a good friend.

Friendship starts with being friendly. A smile, a kind word or a small gesture can show that you want to be a good friend to someone. Kindness is the first step to making new friends.

Friends like to share their toys, snacks and time together. Giving or helping a friend shows that you care about them. This makes the friendship stronger. It is important to listen to your friends and try to

understand them. Sometimes they have worries or problems and it helps them if you are just there to listen. Show them that they are important to you.

Friendship makes life more colorful and beautiful. Play together, laugh a lot and enjoy the time you spend together.

These are the moments you will always remember. Sometimes there are arguments or misunderstandings between friends. This is normal. It's important to stay calm, talk about it and find a solution together. Apologize if you have made a mistake and be willing to forgive your friend.

You are a wonderful person, and I'm sure you are a great friend. The friendships you make now can last a lifetime. Always have fun and be a good friend - that's the most important thing! Be the type of friend that you would love to have.

With all my love,

3.8 Learning to say “No”

My dearest child,

today, I want to share some important thoughts with you about the topic of saying "no." It's a small word, but it has a lot of power and can help you in many situations as you grow up.