Take your sincere advice

Dr. Wallace: Ten and daughter, your daughter is doing her best to

deal with what she is going through. Your concern and love for her

is evident. You are making a great effort to understand her

situation and to be supportive. However, it seems that she is facing

a tough time and may be going through some hard emotions.

It can be challenging to know how to best support her as she

navigates this difficult situation. It is important to remember that

everyone processes traumatic events differently, and your daughter

might need time to heal and process her feelings. Here are

some suggestions that might help:

1. Encourage her to express her feelings:
- Listen actively to her and offer

comforting words.
- Avoid dismissing her feelings

or telling her what to do.
- Let her know that it is okay to

feel sad or angry.

2. Be patient and understanding:
- Recognize that she may

not be able to

understand everything at first.
- Be patient and trust that she

will eventually find her way

through this difficult time.

3. Help her find resources:
- Suggest talking to a

counselor or therapist.
- Look into local

support groups or

hotlines.

4. Practice self-care:
- Take care of yourself as well.
- Make sure you are

supporting your daughter

while also taking care of

your own emotional needs.

Remember, each person's

journey is unique, and

it is important to

be patient and

supportive as

she navigates

this difficult

time.