

[Date]

Dear Mom/Dad,

I hope this note finds you well. I've been thinking about you and wanted to take a moment to express how much you mean to me. Your strength and wisdom have always inspired me, and I am so grateful for everything you have done for our family.

If you ever need anything or just want to chat, please know I am always here for you. You deserve all the love and comfort in the world.

Thinking of you with love,

[Your Name]