

20 WAYS TO AFFIRM YOUR CHILD



Words

1. I love you (say it often and say it in a variety of ways)
2. Acknowledge acts of kindness, for example, "I noticed you shared your sandwich with your friend, that was wonderful.
3. Wow! I think you are incredible/brave/wise/beautiful/strong (or any number of appropriate adjectives).
4. You are growing up to be a wonderful young man/woman. I notice that... (be specific)
5. You sow what you reap...like when we planted tomato seeds, we reaped tomatoes. You have just sown... And you will reap it too
6. I can see you thinking things through before you act. (Be specific here). I don't think I was able to do that at your age and I admire you for that.
7. You stood up for That must've taken courage
8. I know it wasn't easy to do the right thing. I'm proud of you for....
9. I saw you controlled your frustration when you were withWell done on displaying great self-control/patience/ words.
10. Remind your child that you really want them to be themselves and no-one else. Remind them that the world needs them to be who they were made to be and that they are valuable and precious. Reinforce this regularly.

Actions & gifts

1. Your actions speak louder than words. Today, I saw you Acknowledge and validate their good intentions and heart even when things don't out as they had hoped.
2. Where did you learn to do that? That was great.
3. "Hugs make everything better". (Say that to them as you hug them and remind them through a hug that they are loved).
4. Put a note in their lunchbox telling them what you love about them.
5. Surprise them with a treat that speaks to their heart just because you love them.
6. Celebrate wildly when they make wise decisions.
7. Praise them publicly in front of your friends. Thank them publicly as well when they do something kind or well.
8. I've put a small gift on your bed just because I love you.
9. Let's celebrate.... How about we go out for a milkshake?
10. Tell them they are a gift to your family and that you thank God for them.