

AWESOME!

Encouragement 101*

Studies have shown that most children hear far more negative comments than positive ones. The national PTO (Parent Teacher Organization) found the ratio of praise to criticism of school age children to be 18 negative to each positive. We need to find ways to correct children in a positive way. Encouragement is the process of focusing on your children's assets and strengths in order to build their self-confidence and feelings of worth. We need to convey through words and gestures that we appreciate their efforts and improvement not just their accomplishments. We need to make sure they understand that our love and acceptance is not dependent on their behavior or winning the prize in soccer.

Here are some suggestions for encouragement:

- 1. "I like the way you handled that"**
- 2. "Wow, you really thought out the solution to that problem"**
- 3. "I have faith in your ability"**
- 4. "I appreciate what you did"**
- 5. "You are really showing improvement"**
- 6. "I know you will figure out a good way to do it next time"**
- 7. "You don't have to be perfect. Effort and improvement are important."**
- 8. "I trust you to be responsible"**
- 9. "It must make you proud of yourself when you accomplish something like that"**
- 10. "You are a valuable part of the team"**
- 11. "It is okay to make a mistake, we all do. What do you think you learned?"**
- 12. "How can we turn this into a positive?"**
- 13. "I'm proud of you for trying"**
- 14. "I'll bet by next year you will be able to handle it, you just need to grow a little"**
- 15. "I know you are disappointed, but you'll do better next time."**

***from activityvillage.co.uk**