

Encouragement: Building Your Child's Confidence and Feelings of Worth

1. Encouragement is the process of focusing on your children's assets and strengths in order to build their self-confidence and feelings of worth.
2. Focus on what is good about the child or the situation. See the positive.
3. Accept your children as they are. Don't make your love and acceptance dependent on their behavior.
4. Have faith in your children so they can come to believe in themselves.
5. Let your children know their worth. Recognize improvement and effort, not just accomplishment.
6. Respect your children. It will lay the foundation of their self-respect.
7. Praise is reserved for things well done. It implies a spirit of competition. Encouragement is given for effort or improvement. It implies a spirit of cooperation.
8. The most powerful forces in human relationships are expectations. We can influence a person's behavior by changing our expectations of the person.
9. Lack of faith in children helps them to anticipate failure.
10. Standards that are too high invite failure and discouragement.
11. Avoid subtle encouragement of competition between brothers and sisters.
12. Avoid using discouraging words and actions.
13. Avoid tacking qualifiers to your words of encouragement. Don't "give with one hand and take away with the other."
14. The sounds of encouragement are words that build feelings of adequacy:
 - "I like the way you handled that."
 - "I know you can handle it."
 - "I appreciate what you did."
 - "It looks as if you worked very hard on that."
 - "You're improving."

Be generous with them.



Source: Active Parenting by Popkin

