

Dear Families,

The words we give to our children shape how they feel about themselves. When we surround children with words of encouragement, it helps them develop a positive self-image and self-confidence. When children are given the gift of encouragement, they feel good about who they are, feel confident, and are more likely to practice self-reliance and feel worthwhile without the approval of others.



Why is this important?

Children with high self-esteem are able to act independently, assume responsibility, attempt new tasks and challenges, as well as tolerate frustrations better than a child with low self-esteem. These skills will help a child be successful in life and overcome whatever obstacles life sends their way!

Helping your child develop these skills is easy!

By simply giving your child genuine words of encouragement each day, you are helping your child develop his or her self-esteem. Children remember and store away the positive statements we give them to 'replay' when faced with a difficult situation.

Did you realize?

For every negative statement a child hears, they need 12-13 positive remarks to regain trust and repair their self-image.



Remember:

“A child with a healthy dose of self-esteem has the best defense against life’s challenges.”

~ Ariadne Brill



“It is easier to build strong children than to repair broken men.”

~ Frederick Douglas

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Surround your children with words of encouragement every day of the year!

1. We all make mistakes. Just keep trying!
2. Practice makes progress! 
3. How do you feel about what you accomplished?
4. As long as you try your best, that's all that matters!
5. I trust your judgment. 
6. Congratulations!
7. Keep trying! 
8. One step at a time; you're doing it!
9. I appreciate all you do!
10. You put a lot of hard work into that!
11. I respect your ideas. What do you think?
12. I'd love to hear all about it!
13. I knew you could do it! 
14. You're really improving!
15. I'll always love you, no matter what!





These encouraging words are brought to you by:



Family Reading Partnership
www.familyreading.org

Post this on your refrigerator to use all year long!

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