

## The Top 10 Encouragement Skills

### 1. Unconditionally love and accept the child as is.

When someone feels safe and secure in our love for them they have the freedom to grow as they see best, or stay the same.

**Tip:**

***Separate the deed from the doer.***

“My love for you is not in question.”  
“I love you too much to fight.”

**Tip:**

***The 3 greeting times.  
Connect with them at least three  
times a day:***

1. first thing in the morning,
2. when you reunite in the day,
3. and before bed.

Be emotionally and physically available.  
Make sure your love shines through!

### 2. Believe in your children, and then they can learn to believe in themselves.

Sprinkle faith around them.

“Go ahead you can do it”

“Take it at your own pace”

“Mistakes are okay, we learn from them”

### 3. Recognize effort and improvement.

Focus is on the process, not the end result.

“Look at how fast you are pedaling – the steering will come soon.”

“You got dressed all on your own!”

“I can remember when you struggled with subtraction and now you are doing multiplication. Now that’s progress!”

**Tip:**

***Focus on the needs of the situation.***

“Look at that we’re going to get to school on time today! You’re even going to get to play with the other kids before the bell rings.”

**4. Mistakes are okay – that is how we learn.**

“Mistakes happen. What did you learn from this?”

“What will you do next time?”

**5. Focus on strengths and assets.**

“You made me a cup of tea. Now that’s what I call being thoughtful.”

“That was helpful; the baby was looking for her soother.”

**Tip:**

***List your 10 assets and the assets of***

**Tip:**

***Turn liabilities into assets.***

Instead of seeing “stubborn” and “bossy” – see “determined” and “a leader”.

(Good for reversing negative labels. Gives the child a new verbal snapshot of himself.)

**6. Show they are valued and appreciated.**

Express affirmations. “I know something wonderful about you.”

When a child’s best is affirmed, she can return there in times of doubt.

Brag about them to another adult (and be overheard).

“When I was sick yesterday, Jamie looked after me. He got me the paper, made me tea and read me his story.”

“I enjoyed my day with you.”

**7. Develop a sense of humour - Helps keep mistakes in perspective**

Crazy and wacky love notes. Tuck them in their lunch box, coat pocket & under their pillow.

**8. Show genuine enthusiasm**

**9. Take time for the relationship**

Quality time = being available physically, mentally and emotionally!

Be in the moment. If you are a “human doing” become a “human being”. Don’t lose the heart of your child – take the moment and be there.

**Tip:**

***Make one-on-one time.***

**10. Create family rituals and celebrate. Any excuse will do.**

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