Parenting network

Encouragement Skills Practice

1. Think of a label your child carries (i.e. Stubborn, the good one, shy) and create a statement to turn that liability into an asset.

INSTEAD OF REINFORCING A LABEL	SHOW A NEW SNAPSHOT
e.g. Why are you always so stubborn?	You aren't a quitter – I admire that! You don't give up – that will help you in life.
_____	_____

2. Think of a challenging behaviour that repeats itself. Now create a statement that demonstrates that you know they can do better or remark on the effort and improvement you've noticed.

INSTEAD OF ACCUSATIONS	SHOW FAITH IN THEM
e.g. Why are you hurting your brother?	I know you can be fair. I saw you taking turns and sharing with your cousin yesterday. What might you do to play more nicely with your brother right now?
_____	_____

3. Think of something positive that you haven't acknowledged yet. Craft an encouragement statement vs. using praise.

INSTEAD OF PRAISE	USE ENCOURAGEMENT
e.g. You are a wonderful pianist.	That piano piece always gives me goose bumps the way you play it.
_____	_____

4. Focus on observing independence and initiative. State your observation and be sure to convey the positive impact of the action.

   e.g. You put the dishwasher on before you went to bed. Thanks, that was helpful. Now we have clean dishes for breakfast.

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