

HEALTHY ENCOURAGEMENT

- Empathize instead of evaluating: “You did it! ”
- Be enthusiastic and genuine.
- Be specific. “Good job! ” doesn’t tell the child what they did right.
- Instead of evaluating the behavior (“Good job! ”) let the child know you see the behavior and share his excitement: “I see you way up there! ”
- Instead of evaluating the child (“I’m proud of you”), let the child evaluate: “You must be so proud of yourself! ”
- Instead of evaluating behavior (“Good sharing! ”), describe the reason the behavior is of value: “His face really lit up when you shared your truck with him!”

CHILDREN NEED TO HEAR:

• “I noticed that you...”	• “Look at you!”
• “Thank you for...”	• “You must be so proud of yourself.”
• “I really loved that you...”	• “You’ve got this.”
• “I see you doing ...”	• “You did it!”
• “I love to watch you...”	• “I love you no matter what.”

You Can Do This Hard Thing

Make sure your child knows that when something is hard, it doesn’t mean there is something wrong with him. Hard things are worth doing, and they help us develop our inner resources.

- “You don’t have to do this perfectly. Just give it your best shot.”
- “You can do hard things.”
- “Hmmm...That IS a challenge. I wonder what you can do about it?”
- “Most things that are worth doing are hard. I’m right here if you need me.”
- “You’ve done a lot of hard things. For instance, you did XYZ and also XYZ. You just decided and you kept trying and you did them.”
- “Doing hard things is how we grow.”
- “I know it’s hard. And I know that if you keep practicing, you can do it.”
- “This is hard. It’s okay to take a rest and come back later when you’re ready.”
- “Nobody bats 1000.”
- “Working at this is stretching your brain, so you’re slowly getting better at it.”

Peaceful Parent, Happy Kids Online Course.....©2026 by Dr. Laura Markham.....Do not reproduce without permission

