

JOURNAL PROMPTS

What were your biggest take-aways from listening to this audio on Mastery?

1.

2.

3.

How resilient would you say your child is?

What is a realistic action step for you to take to encourage your child's resilience?

GOING DEEPER

Is there any way that you tend to helicopter parent?

Do you know why you do that?

In those moments when you get anxious and want to jump in and over-control, what could you tell yourself?

Is there any area in which you can give your child more space to try new things, make mistakes, and make a mess?

Is there an area of your child's development that worries you? What kind of support might be most helpful to your child?

PRACTICE WITH YOUR CHILD

When your child does something you like, you may be in the habit of saying “Good Job!” What could you say instead to encourage your child? On this page, I’ve started you off with some examples. On the next page, come up with your own phrases.

When you say: “Good job!”

The child hears: “I am in charge of evaluating you.”

What could you say instead?

“I see the tracks are all back in the bin and the trains are in their box. It’s all cleaned up! Thank you!”

What do you think the child hears?

“I see how you worked hard and recognize the specific things you did...I am so happy about this....I appreciate it.”

When you say: “You’re so smart”

The child thinks: “I had better only try things I am good at...if I am not smart, my parent will be disappointed in me....smart is apparently a thing you are or are not....I hope I am actually smart; I don’t always feel smart.”

What could you say instead?

“You figured that out all by yourself just by trying it over and over...Wow!”

What do you think the child thinks?

“When I try and don’t give up, I can figure things out....all by myself! And my parent thinks that is impressive....This is something I can do.”

When you say: “You’re a good girl for working so hard on that.”

The child hears: “You’re not a good girl unless you work hard...you’re not a good girl if you take a break.”

What could you say instead?

“I see you working so hard on that.”

What do you think the child hears? “I notice the effort you’re putting in. It’s your choice whether to work hard.”

Make a list of phrases to encourage your child. Be as specific as possible. Post this list and use as many as you can daily.

1. I appreciated how you _____
2. I love when you _____
3. I see you did _____; that helps us (get out of the house on time, etc). Thank you!
4. You noticed (that I needed help with that) and you (helped me), thank you so much!
5. You're working so hard on that.
6. You did it! You didn't give up!
7. It's hard to be patient, I see how hard you're trying.
8. You must be so proud of yourself!
9. How did I get so lucky to have you as my daughter/son?!
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____

REFLECTION AFTER PRACTICE

How does your child respond to this new kind of encouragement?

Is there anything that you often say that you would like to stop saying?

What could you say instead?