

## ENCOURAGING YOUR CHILD.

- Constant criticism undermines children's confidence. They develop guilt, shame and low self esteem. They often end up believing the negative things that are said in anger by someone they love – that they are bad, cheeky, stupid, naughty, disgusting or worse. Many adults still go around today believing and being affected by wrong messages like these, which they picked up when they are small.
- We notice children more when they misbehave, but we can easily ignore them when they are playing quietly or behaving well.
- Research shows that even **the most 'difficult' children can respond to positive respectful attention**. Research finds that children no longer need to misbehave because their parents are giving them the positive attention they were seeking.
- Encouraging parents tend to speak personally, using 'I' messages - saying how they feel- "I like it when...", " I'm happy about the way you..."
- Children develop and grow best and they benefit in all kinds of ways when their parents **stop paying so much attention to misbehaviour** and the positive attention that they are not expecting. Concentrate on little improvements or efforts that your children are making instead of perfection, successes or achievements. This is not just a matter of encouraging words. It includes time for listening, singing, cuddling, smiling , playing and laughing.
- You need to be good to yourself if you want to be good to your child. If you're not relaxed your child will pick up the vibes.
- **PLANNING & SKILL PRACTICE:** Take time this week to pay positive attention to your children when they are not expecting it. Pick a moment to encourage them and respond positively to what they are doing. Notice their reaction.
- A NEW APPROACH