

## **ENCOURAGING CHILDREN / TEENAGERS.**

Without realising, we often discourage our children/ teenagers by criticising, nagging, or shaming them. We don't do this deliberately and we wouldn't dream of doing it if we had any idea how damaging it can be. We also discourage them when we make too many decisions for them (which gives the message that they are not capable of making the decision themselves).

We discourage when our standards are too high, when we compare one child / teenager to another but the effect is often the opposite of what we would have wanted.

### **Effective ways of encouraging:**

- Show confidence in your child / teenagers ability without exaggerating or being over 'gushy'.
- Notice improvement and effort.
- Keep an eye open for small contributions – anything that was helpful or thoughtful.
- Speak calmly and positively – even if you are having to correct them.
- Demonstrate your love- hugs and affection.

DISCOURAGING: Nag, nag, nag, don't, don't don't', not now I'm busy, why can't you be like...

PRAISING: You're great, you look fantastic, you're a lifesaver.

ENCOURAGING: Thanks, that really helps me, Would you mind helping me with, So that's how you do it!

### **PLANNING AND SKILL PRACTICE:**

Be on the look out for efforts and improvements with your child / teen this week -by noticing them, try trusting them with more responsibility, say thanks to them. Remember its hard to be positive if you're stressed, think about what helps you to de -stress.