

# THE POWER OF POSITIVE WORDS

| Instead of....      | Try                                          |
|---------------------|----------------------------------------------|
| Stop running        | Walking feet please                          |
| Your room is a mess | Shall we tidy up together?                   |
| Don't hit           | Gentle hands                                 |
| Stop crying         | It's okay to feel sad                        |
| You're ok           | How are you feeling?                         |
| No shouting         | Inside voice please                          |
| Don't say that      | Please choose another word                   |
| Make a decision     | Please use your words so that I can hear you |
| That's enough       | Do you need a hug?                           |

## The power of positive words in parenting-

The words we speak to our children shape their self-esteem, confidence, and overall outlook on life. Encouraging and uplifting language can make a world of difference in their emotional and mental well-being. As Parents, we all have moments of frustration, but the words we use with our children can have a lasting impact.

Simple yet powerful ways to incorporate positive words into your daily interactions with your child:

### - Praise effort over outcome

Instead of saying "You're so clever", try "I love the effort you have put into learning" this teaches resilience and growth.

### - Use affirmations

Describing in a positive way, helps to build their self-esteem and become their inner voice. "You are kind", "You are loved", "You are capable".

- Encourage problem-solving

When they express frustration and unable to complete a mission, positively supporting through the process "Let's figure this out together" to help build their confidence.

- Acknowledge feelings

Recognising and understanding their feelings supports your child to be open to receiving support. "I can see you are sad, it's okay to have big emotions".

- Reframe negative language

Forming positive language in setting boundaries supports to highlight what you would like them to do instead of focusing on the negative wording, take a look at the picture attached to show examples of this.