



Miss Nancy's

MINDFULLY COMPLIMENTING CHILDREN

Be Mindful of the words you choose when complimenting your child

Sounds simple but in fact, it can be a double-edge sword! I learned this principle through my own experience and have had to make this shift myself.

Children always ask me: "Miss Nancy, why do you love playing with me?". My answers used to sound like this: "Because you are such a great listener" or "you are such a hard worker", not realizing that subconsciously, I could be affecting this child's self-worth!

By saying: "Because you are x,y,z..." what I'm creating in a child's mind is: "If I listen then I'm good and worthy of love but if I don't listen then I don't deserve love!", or "If I work hard then I am lovable but if I don't work hard, I'm no longer lovable!". Whoa!!!! This was a huge lesson for me, thinking that I was complimenting my little cuties.



I also caught myself saying things like: "Be a good boy and sit nicely during group" or "Good girl!" Once again, associating their behavior to that of being worthy of being called a good person! (yikes! I live and learn!)



The big lesson for me was to compliment children on their work or effort but not to associate it with self-value. They have to feel that whether they do the right thing or not, I still love them just the same and that DOES NOT affect their worthiness of receiving love. My greatest lesson was to shower them with love because it's a birthright. No reasons needed!

These days, my compliments sound like this: "I love how you wrote your letters!", "Great try!" (I don't always compliment the final product but rather the effort put into the activity) and "I love to play with you because you are you!"

RAISE YOUR AWARENESS TO THE WAY YOU PARENT:

Use the worksheets below to work on these 3 tasks:

1

Be genuine with your compliments. How wonderful would it be for a child to be told (out of the blue) that you love them! "I love you Benjamin, just because you are you and I'm so lucky to be your dad!"

2

Be mindful of your compliments. Compliment their work "Great lego building", compliment their efforts "Love how you tried finishing your homework on your own", compliment how they act "Great helping your brother".



BE MINDFUL OF THE WORDS YOU CHOOSE WHEN COMPLIMENTING YOUR CHILD

1

OUT OF THE BLUE, TELL YOUR CHILD, "I LOVE YOU FOR BEING YOU AND I LOVE BEING YOUR MOM/DAD" .HOW WAS THE EXPERIENCE? HOW DID YOUR CHILD FEEL?

2

FIND WAYS TO COMPLIMENT YOUR CHILD'S ACTIONS, ACCOMPLISHMENTS, EFFORTS AND BEHAVIOR WITHOUT ASSOCIATING IT TO THEIR SELF-WORTH (GOOD BOY/GIRL).
WRITE DOWN SOME OF THE COMPLIMENTS YOU USED.

