



5 WAYS TO ENCOURAGE CHILDREN:

1

Be specific and point out effort, hard work, and individual progress: "You're figuring it out- you're working really hard on crawling!"

2

Enthusiastically acknowledge children's effort and feelings: "Wow, you worked really hard!" or "It feels good to do that all by yourself".

3

Catch 'em in the act! Notice and point out the positive things children do in the moment. Use words, high fives, fist bumps, anything to give attention to the good stuff!

4

Offer hopefulness with learning new skills: "You got this!" or "You'll keep practicing and you'll figure it out."

5

Point out children's individual strengths: Tell them if they are smart, caring, kind, helpful, hardworking, etc.

THE WHY:

When you encourage children, it helps them feel capable and builds their "I can do it" attitude.

JOINING  FORCES
— FOR CHILDREN —