

Words of Praise For Parents to Share With Their Children

Children are faced with many challenges in their lives. They are expected to go to school and do well. They are expected to get along with others and they learn at an early age they can't always get things the way they want them. Parents are also very busy and sometimes they forget to encourage their children. There are three basic emotional needs people have. Security, contentment and significance. Often when one area is out of balance it throws people into chaos and they look for a way to fulfill that need. Significance means the way a person feels valued by others as well as the way they feel about themselves.

Here are a list of words or phrases to help encourage your child with praise. My suggestion is to use them often but be genuine with them. Never use them to manipulate, shame, or place guilt on your child. These are to encourage them.

1. I am proud of you
2. You are smart
3. Spectacular job
4. I knew/know you could/can do it
5. I love you
6. That's great
7. You showed great effort
8. Awesome
9. Terrific
10. You are super
11. Excellent
12. Magnificent
13. Wonderful
14. You go girl/boy
15. I believe in you
16. Great choice
17. You tried your best
18. Gold star for you
19. You are a champion
20. Way to go
21. Way to problem solve
22. I appreciate you
23. You are amazing
24. Well done
25. You are a special blessing to me

These are just 25 suggestions. There are many more words you can use. Be sure to praise your child often and don't forget about yourself. Praise encourages children to become better problem solvers and builds resiliency. Praise builds self-worth and esteem. It gives them significance and security in their abilities to overcome challenges they face. You got this parent!