

Build Children Up With Words!

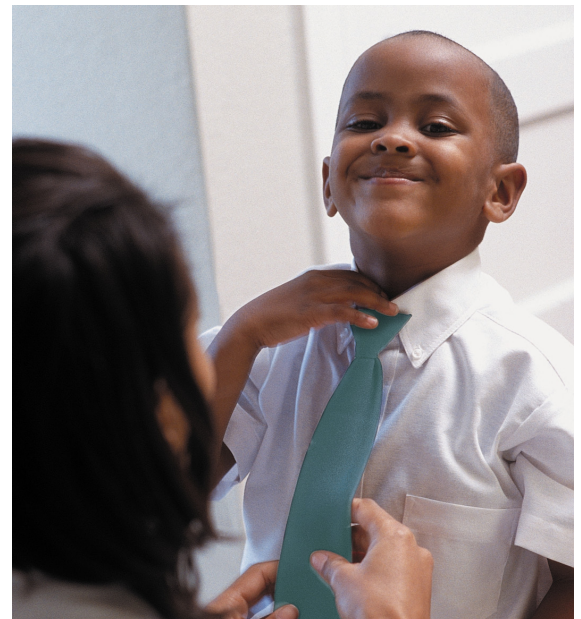
Positive words give children confidence and help them grow.

5 WAYS YOU CAN HELP YOUR CHILDREN FEEL GOOD ABOUT THEMSELVES:

1. Give hugs.
2. Ask your child about their day.
3. Spend one-on-one time with each of your children...even if it's only a minute.
4. Allow your child to serve themselves food. It helps them become independent.
5. Say positive things about yourself and others in front of your children.

USE WORDS OF ENCOURAGEMENT THAT PROMOTE POSITIVE BEHAVIOR, EXAMPLES:

1. "I am happy you tried everything on your plate."
2. "Wow, you are really fast!"
3. "I like the way you say please and thank you."



By 5 years of age, children already have good or bad feelings about their bodies.