



Parents Connect @ ADPS

Greetings Parents.

I hope all is well with you and your family. This is our second issue, and we would like to begin with short scenario-based question.

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Scenario

My child would cry whenever he/she was asked to read or do his/her homework. Whenever he/she was asked questions, he/she would take a long time to answer.

What action would you take? You may tick more than 1 option

Section A

- To continue nagging at him/her.
- To tell him/her that he/she was good for nothing.
- To keep on telling his/her weakness

Section B

- To find out what is troubling him/her
- To sit with my child and tell him/her that I love him/her regardless of his/her behavior
- To affirm him/her when he/she has done something right

Importance of Affirmation

Discover how creating a healthy habit of positive self-talk and using affirmations daily can empower your child, boost their self-confidence, and foster resiliency.

- Positive affirmations are positive statements that are encouraging and motivational. Children can receive positive affirmations from others, like their parents or teachers (“I believe in you”), and they can learn to use them in their self-talk (“I believe in myself”).
- Children who have a more positive outlook are generally happier and better equipped to handle stress. Affirmations not only boost self-esteem and promote a growth mindset, they also help combat intrusive negative thoughts and those pesky Automatic Negative Thoughts (A.N.T.s). For this reason, affirmations are a powerful tool for children who are struggling to manage emotions.

Adapted from the article in

<https://www.mightier.com/articles/affirmations-for-kids/>

Affirmation

“Affirmations are like seeds planted in soil. Poor soil, poor growth. Rich soil, abundant growth. The more you choose to think thoughts that make you feel good, the quicker the affirmations work.” – Louise Hay

“Your thoughts create your life!” This is the message that Louise Hay has been teaching people throughout the world for more than 27 years. Now, children can learn and understand the powerful idea that they have control over their thoughts and words, and in turn, what happens in their lives.



To see a difference in your son/daughter, these are some suggested affirmations that you might want to include in your conversations.

- I am so proud of you!
- You are so thoughtful.
- You have great ideas.
- You did it!
- It's okay to make mistakes.
- You are important.
- I believe in you!
- You make me happy.
- That is a great question.
- I am grateful for you.

- You did that all by yourself?
Amazing!
- You are so brave!
- I love that you never give up.
- You have such a big heart!
- You have an awesome sense of humour.
- I like how your mind works.
- I love spending time with you.
- You make me smile!
- You make the world a better place.

And Last But Not Least



I Love You

The text "I Love You" is written in a large, red, cursive font with a light blue outline. The words are decorated with colorful flowers: a blue flower above the 'e' in "Love", a yellow flower below the 'I', and a pink flower below the 'u' in "You".

How many of you ticked the options in Section B. These options would lead to healthy parent-child rapport and building bonds based on trust between both parties. Our children are more likely to approach us with their problems if they trust that we would honour them in times of need.

LINKS:

If you would like to read further, you can click on the links below:-

- 30 Words of Affirmation Every Child Needs To Hear (And Printable) This is such an important part of being purposeful in our parenting. We need to purposefully speak words of affirmation that build up our children.
<https://www.thecharactercorner.com/30-words-affirmation-every-child-needs-hear/>
- <https://ripplekindness.org/why-affirmations-are-important-for-children/> tells us "How to Use Positive Affirmations for Kids for Better Wellbeing" tells us how it works, how to introduce it to your children. You can also find resources to help your children.

Mastering the Art of Offering Controlled Choices

WHY is it important to give children the power to make choices? → Choices allow children to partake in the decision-making process. → Thus increasing engagement and decreasing problem behavior.

Choice Types:

- This OR That?
- How to do it?
- How many?
- Who will help?
- What color?

The KEY is to offer a limited menu of choices, all of which you are ok with.

Offering a choice prevents negotiation and will help avoid a power struggle.

AVOID: Giving choices that are not available. Giving an empty threat like canceling a major holiday.

What does this sound like?

- Would you like to wear your shoes or boots today?
- Would you like to walk to the car fast or slow?
- Would you like 2 or 3 cookies for dessert?
- Would you like mom or dad to read you a book?
- Would you like to wear your red or blue shirt today?

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BEE SURE TO... FOLLOW THROUGH

Consistency is KEY! Give demands that you can reinforce or provide a consequence for if not followed.

Uphold your verbal request and assist your child by using prompting or modeling to ensure follow through.

Start by choosing a few demands you will be able to follow through with, then outline the rules and consequences to establish a contingency plan.

Provide your child with POSITIVE REINFORCEMENT any time they comply with the requests you have made.

Giving empty threats break down trust, teach children that promises are untrue, and ultimately put the child in control.

Consistently Following through with demands shows your child that your words have meaning and that you will do what you say.

What if I can't follow through with the demand I gave?

- modify the parameters of the request
- offer more time
- offer a controlled choice
- offer help to complete the task

Effective Communication Tips:

- Get on your child's level - kneel down next to them when speaking.
- Deliver instructions in a calm but firm manner - use simple language.
- Avoid over-explaining your reasons for doing something - less=more.

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