



Just for Today-

I will compliment
my child (at least once)
for a positive behavior,
an interesting idea
or an act of kindness

Just for today, **Promote Confidence**

This Parents' Affirmation helps to

- Notice positive behaviors
- Remind you that your kids CAN do good!
- Create a new communication pattern that uplifts your child's self-confidence

It's easy to notice our kids' "BAD" behaviors. We're busy; they're active; some behaviors are *really* annoying; and sometimes we just want our kids to "stop it" (whatever IT is)! However, when we *only* notice the behaviors we don't want (and we make sure our kids know that we've noticed), our kids are likely to do them more. Doesn't make sense, does it?...but then kids' want our attention and they'll get it at any cost.

Another downside of frequently focusing on "bad" behaviors is the damage it inflicts on a kid's confidence. Kids who perceive they are on the receiving end of constant criticism often develop a notion that they are unable to be "good", unable to "do it right" and unable to EVER change your opinion of them (no matter what they do).

In the busy-ness of our day-to-day tasks, it's often easy to overlook an opportunity to notice and comment on GOOD behaviors. This Affirmation has two intentions--1) to sharpen our observation so that we'll be on the look-out for the GOOD behaviors and 2) to remind us to comment on them...immediately. It's an exercise in *observing* your kids and *choosing* to encourage them.

Here's how to use this affirmation: This Affirmation is about NOTICING and COMMENTING. All you need to do is , post the Affirmations liberally, read 'em often, observe and comment. Easy-peasy!

Week 1 --

- Print out the following page of multiple Affirmations
- Cut them into individual pieces
- Sticky-dot or tape them around your home or office
 - put them where your eyes are likely to see them easily and often
 - on the fridge door, on the bathroom mirror, on the cupboard door by the cookies
- On the sun-visor of your car, on the edge of your computer monitor...put 'em lots of places
- **Keep your affirmations up for a week**
 - on the first two days, every time you see one, read it to yourself or out-loud [reading out-loud is better, but sometimes it's inconvenient or embarrassing --do what you can]
 - on the remaining five (5) days...notice them, glance at the words and graphic but you don't need to actually read the affirmation, unless you want to

Week 2--After a week, take these affirmations down (or leave them up if you decide to go for another week)

As parents, our job is to assist our kids to become competent, productive and happy grown-ups. We're wise to focus on *their* best efforts toward that goal, promoting the behaviors that will serve them as adults. and ignoring the immature annoyances they sometimes goad us with--noticing and criticizing can only undermine their best intentions.

Want more suggestions or information about using Affirmations?... read my [Free E-Book about Using Affirmations](#) about Affirmations at <http://www.HomeworkSuccessNetwork.com>

You CAN do this!!! ☺
Judy Armes, MS (The Homework Coach)



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