

**Parenting Tips  
from  
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Opening times : Monday to Friday 12 PM to 4 PM**

### **ENCOURAGING CHILDREN**

If we, as parents, continually encourage our children we can have a deep and positive effect on them. The messages that we send them do stay in their minds and influence the way they think about themselves and how they behave. If we let children know often enough that they are inept or inadequate they will believe it, as we are significant reference points. Through the use of constant encouragement parents can promote self-confidence in their children as learners and as people.

#### **Bright Ideas**

- Give children realistic responsibility. Through our actions we are giving them the message: "I know that you can do this".
- Point out children's strengths and achievements. When correcting a child or pointing out an error try focusing on a strength first. 'I like the way that you write your letters. Now let's concentrate on spacing your words out a little more.'
- Recognise improvement they have made or effort they are putting in at school or at home. 'Your reading has really come along...' You can't always praise their performance but you can usually make positive comments about their improvement, effort or attitude.
- Express your confidence and faith in their abilities. 'I know you can do it.'
- Promote positive self-talk. When children do something well ask them how they feel about their efforts. 'That's a terrific drawing, Sarah. What do you think about it?' Encourage them to make positive comments about themselves and discourage them from putting themselves down.
- If you need a reminder to encourage your child - consciously develop the habit of offering a positive remark when they leave for school in the morning and when you say good night.

#### **How to discourage children**

- Compare them with a sibling: 'Why can't you keep your bedroom tidy like your sister?'
- Continually criticise or put them down: 'You are a real dope!'
- Focus on their mistakes and errors: 'Oh no! You've made a mistake again. How many times do I have to remind you?'

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