

We Need To Remember:

That we are examples that every child has for behavior, beliefs, and expression of feelings.

That appreciation for acceptable behavior is more effective than punishment or criticism for unacceptable behavior.

This May Help:

Children need praise often for their good qualities, behavior, and achievements.

Children need encouragement to set their goals and ways of working toward them.

Children need to be allowed to try and fail as well as try to succeed.

Especially Important:

Children need to be enjoyed as unique human beings.

Encouragement is Very Important

Words of praise can help you encourage your child's growth. Try some of these:

I like the way you handled that.

It looks as if you enjoyed that.

I have confidence in your judgment.

It looks like you worked really hard on that.

How do you feel about it?

It was thoughtful of you to _____.

Look at the progress you have made.

Knowing you, I'm sure you'll do fine.

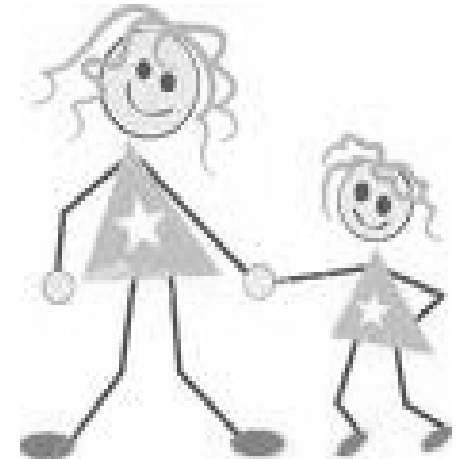
I like the way you tackled that job.

That is a tough problem, but I'm sure you will work it out.

I'm glad you are pleased with it.

Have faith in children so they may believe in themselves. Focus on their contributions, assets, and strengths.

Eight Essential Ingredients for Developing Good Mental Health in Children



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Essential Ingredients for Developing a Child's Good Mental Health

LOVE

Every child needs to feel:

Loved and wanted

That she matters very much to someone

That there are people near her who care what happens to her

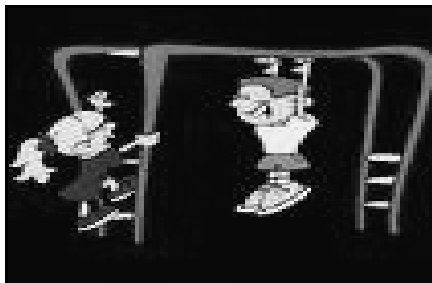
SECURITY

Every child needs to know:

That his home is a good, safe place he can feel secure about

That his parents or other protective adults will always be on hand (especially in times of crisis when needed most)

That he belongs to a group; that there is a place where he fits in



FAITH

Every child needs to have:

A set of moral standards to live by

A belief in the human values of kindness, courage, honesty, generosity, and justice

ACCEPTANCE

Children need to believe:

That they are liked for themselves, just the way they are

That they are liked all the time and not just when they act according to others' ideas of they way a child should act

That they are always accepted, even though others may not approve of the things they do

That they will be able to grow and develop in their own way

CONTROL

Every child needs to know:

That there are limits to what he is permitted to do, and that he will be held to these limits

That when he feels angry or jealous, he will not be allowed to hurt himself or others



GUIDANCE

Every child needs to know they have:

Friendly help in learning how to behave toward persons and things

Adults around her will show her by example how to get along with other people

PROTECTION

Children need to feel:

That they will be kept safe from harm

That when they must face strange, unknown, and frightening situations- someone will be there to help

INDEPENDENCE

Children need to know:

That they will be encouraged to try new things and to grow

That there is self confidence in their ability to do things for themselves and by themselves