



# Tips for Grown-ups

## Loving Words to help Children thrive

**Children learn from everything—what you say, do, and model. Be the calm in their storm, the guide when they're unsure, and the love they can count on.**

**All behaviour has meaning. When we're unhappy with the behaviour, not the child, we teach. When we make a mistake, apologise—Be who you want to see.**

### Say this when ...

 **When your child is solving a problem, say...**

***"What should we do next?" or***

***"Let's try doing it your way."***

These phrases support your child's thinking and problem-solving skills. They encourage autonomy and collaborative thinking.

 **When your child needs emotional reassurance, say....**

***"It's okay to feel scared." or***

***"I'm here and listening to you."***

Ideal when your child is feeling overwhelmed, anxious, or vulnerable. These responses help them feel seen, safe, and supported.

 **When you're guiding empathy and kindness, say....**

***"Be kind, we never know what someone else feels." or***

***"not everyone will like you- and that's okay."***

These phrases reinforce compassionate values, helping children develop emotional intelligence and awareness of others.

 **When your child is expressing creativity or individuality, say...**

***"Your ideas are really creative." or***

***"It's okay to do your own thing."***

Celebrate your child's unique voice and ideas. These affirmations foster confidence and curiosity.

 **When your child shows independence, say...**

***"It's okay to say no when something doesn't feel right." or***

***"You get to decide — it's your choice."***

Support your child's growing autonomy and ability to make decisions that feel right for them.

 **When your child needs encouragement, say...**

***"You did an amazing job with that." or***

***"I'm really proud of you."***

Acknowledge effort and progress to build intrinsic motivation and self-esteem.

 **When your child needs to feel loved and valued, say.....**

***"I'm so thankful for you." or***

***"You are so worth it"***

Ground your child in a sense of belonging and unconditional love—no matter what.

**For a more information on the power of language - to strengthen our Connections - jump on our website**



**For more support, visit:**

 **[www.connectioncircles.com.au](http://www.connectioncircles.com.au)**