

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 scenariobased 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 I option

Section A	Section B
To continue nagging at him/her.	To find out what is troubling him/her
To tell him/her that he/she was good for nothing. To keep on telling his/her weakness	To sit with my child and tell him/her that I love him/her regardless of his/her behavior
weakness	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 selfesteem 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

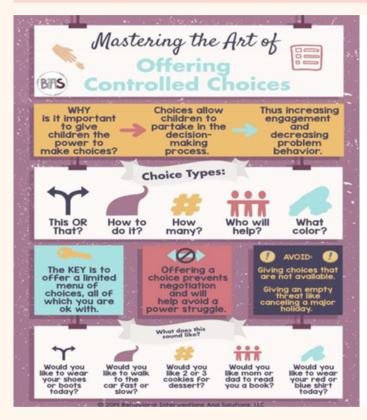


How many of you ticked the options in Section B. These options would lead to healthy parent-child rapport and building bonds based on trust between both parties. Our children are more likely to approach us with their problems if they trust that we would honour them in times of need.

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.





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