

Encouragement: The Power Tool of Parenting

Interview with Faith Mianulli can be heard here: [Effective Parenting](#)

Encouragement makes the giver and the receiver feel good. And it can help our children grow to become adults we cherish.

Encouragement:

- Is a gift given out of love, not just for a job well done
 - You might tell your child: “I can see you worked really hard on that!”
- Invites self-evaluation, not external evaluation or judgment
 - Your child may tell himself or herself: “Mom told me my help makes her work easier. I am a good helper and Mom appreciates that!”
- Often describes what is seen or noticed without placing a value
 - You might say: “Your picture used lots of blue and red and you filled up the whole page!” or “I noticed you shared your toy with your friend and he seemed really happy about that.”
- Does not even need words to be effective
 - Smiles, thumbs up, being attentive and present, a wink, a gentle hug or ruffled hair can all be encouraging
 - Share a positive story within earshot of your child: “You should have seen Joey getting ready for school today! Wow, he was fast!”
- Can make children want to cooperate
 - It sends messages of: “I believe in you; I see you as valuable and you are truly a precious wonder!”
- Takes practice
 - A Google search for “encouragement” will show examples and reasons why it is so powerful.
- Fosters growth, self-esteem development and produces confident children
 - It is the equivalent of water and sun for plants.