

Meaningful ways to encourage and praise a child

The words we use with children have a lasting impact.

It's important to be mindful of what we say to children and repeat words that help them feel confident in themselves and their abilities.

Use these thoughtful phrases to encourage children to believe in themselves.

You've got this!

I know you're up for the challenge

I'm here for you if you need help

You're going to do great

I'm excited for you

I can't wait to see what you try

I'm proud of you for giving this a go

Do what you can!

Praise is powerful, but it works best when it's specific and focused on effort, not just results.

Try out these mindful phrases to build confidence, problem-solving, independence and a growth mindset in children:

You listened and followed the instructions so well

You worked really hard on [that drawing]

I noticed how you kept trying even when it got tricky

You tried something new and gave it a really good go

I really liked how you helped [pack up the toys]

It was so kind of you to help [your friend use the tap]