

## **An Alphabet of Affirmations for Parents**

- **A**ffirmation. Affirm your child daily whether it is a calm or stormy day.
- **B**elief. Believe in your child and help him believe in his dreams.
- **C**ommitment. Stand by your child no matter what.
- **D**iscipline. Let your child face the natural consequences of his actions whenever possible.
- **E**ncouragement. Be your child's biggest fan and head cheerleader.
- **F**aith. Instill your values and beliefs in your child. Help your child work through his doubts without judging.
- **G**enerosity. Teach your child to give of his time, money, and talent by example.
- **H**appiness. Your child will be happiest when he know his boundaries.
- **I**magination. Help your child learn to dream, create, and imagine.
- **J**oy. Look for fun and joy in the everyday things of life.
- **K**indness. Speak a kind word even in the midst of an argument. Soft words help diffuse a disagreement.
- **L**aughter. It makes the heart merry and the day brighter. A sense of humor adds sanity to the childhood years.
- **M**oney. Provide an allowance and help your child learn to control his money.
- **N**urturing. Your child may have been out of diapers and able to read for many years, but he hasn't outgrown the need for nurturing.
- **O**pportunities. Provide opportunities for your child to experience the arts, sports, employment, short term missions, and so on. Help him develop a well-rounded lifestyle.
- **P**raise. Keep it short and genuine and you'll win your child's heart.
- **Q**uietness. Help your child learn to slow down, relax, and be at peace.
- **R**elaxation. Take time away for family fun.
- **S**uccess. Give your child every opportunity to succeed. Assign household tasks that accent his strengths.
- **T**ime. Set aside time each day to listen to your child.
- **U**nderstanding. Think back to how you felt as a child and how you wish your parents would have reacted in certain situations.
- **V**alue. Lay the groundwork for self-esteem by helping your child find and develop his strengths.
- **W**armth. Make your house a haven in the storm. Work toward peace.
- **eXpectATions**. Children usually live up to our expectations - make them high but obtainable.
- **Y**outh. Your child might want to be grown up but help him enjoy being a child.
- **Z**eal. You can never relive your child's early years