

# 12 Things you should say to your children every day!

**"I love you"**

Say it to them as often as you can.



**"You are special"**

Let them know their uniqueness is a strength.



**"You make me happy"**

This makes them feel valuable.



**"I know you can do this"**

Encourage them to never give up.



**"I believe in you..."**

Show them that they are worthy and that you believe in their abilities.



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

They need to hear that they are doing a good job, no matter how difficult it is.



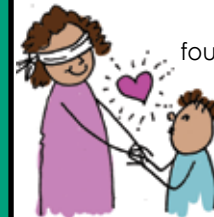
**"I'm grateful for you"**

Be specific. This makes them feel secure.



**"I trust you"**

Building a foundation of trust raises an honest person.



**"I like it when you..."**

Talk about positive aspects of their behaviour.



**"Well done. You did such a good job!"**

Praise how they do their tasks and chores.



**"Tell me about your day"**

Listen to their stories with interest and compassion!



**"Thank you for being so helpful"**

Noticing their efforts encourages them to do more and makes them feel valued.

