

Defeat negative self-talk!

Positive phrases reinforce feelings of empowerment, self-worth, and confidence.

Take 60 seconds every day to help your child gain confidence and develop a growth mindset that helps them truly believe in themselves.

Teach phrases like:

- *I love myself exactly the way I am!*
- *I am capable!*
- *I am brave!*

As important as it is for parents to encourage, love and support their children, it is just as important that children learn to create happy emotions within themselves by having a positive outlook. It is very empowering for a child to create feelings of self-worth through positive thinking, so it is much harder for people to tear them down.

For more great content go to [Positive Affirmations for Kids \(hes-extraordinary.com\)](https://www.positiveaffirmationsforkids.com).

Other ways to help support children is to let them know they are not alone in how they feel, try the Amazon find of the month:

[Taco Falls Apart](https://www.amazon.com/dp/B000APR000) or go to <https://a.co/d/3iue1KH>

