

Daycaring Preschool

Karla's Preaching Page May 2008

Encouraging Words

If we have faith in the power of encouragement we will go far in improving and inspiring mental health in ourselves as parents and teachers and in our very impressionable young children.

At DayCaring we call those encouraging words: **Superstrokes**.

Superstrokes are statements and actions that let our children develop, maintain and enhance their perception of self-love, self-worth, social impact, self-direction and self-confidence.

1. Gratitude: "Thank You!" or "I am grateful for what you did."
2. Empathy: "I'll bet that was fun!" "I can imagine how scary that was."
3. Social Impact: "You really helped Mat by doing that!" or "When you played quietly it allowed me to rest for 20 minutes."
4. Sharing a skill: "You can tell us all a story." "Can you show Kay how you put on your shoes?"
5. Uniqueness: "I do not expect you to always see things the way I do." "Your happy faces always have a special smile." "You have a special way of putting on your socks."
6. Self-Determination: "This is what needs to be done, but you can choose when and how." "You go right ahead if that's what you want."
7. Self-Impact: "It is good for your eyes when you eat all those carrots." "There are lots of things you can do for yourself."
8. Material Impact: "When you water the flowers it makes them grow." "You can light the way with your new flashlight."
9. Acknowledging effort: "I can see that you worked really hard on this." "I am glad you tried."
10. Labeling the act: "You cleaned your room." "You tied your shoes."
11. Emphasizing strength: "That looked very easy for you." "You are getting very good at that now."
12. Acceptance: "I like you just the way you are." "This thing may always be hard for you."

I learned as a mother how important it was for me to lay with my child in the evening in the dark and talk about my day and eventually my child learned to tell me about his day. It gave us so many opportunities to express superstrokes to and in doing so encouraged us to recognize our own values and strengths.