

**A PARENT'S GUIDE ON HOW TO
ENCOURAGE THEIR CHILD**

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This resource includes an encouragement template to help you *speak courage* into the heart of your child. You can fill it out, leave it on their pillow, hang on a wall, or even write it on the shower wall with a dry erase marker! This template helps you learn the language so you can do it in your way. Think of it as a starter kit!

WHY ENCOURAGE?

Parents have the power to speak life-giving words into the soul of their child. Although the son or daughter has the power to choose whether they believe it or not, the parent has the opportunity to cast a vision of who their child can become and pray they receive it.

Words may seem insignificant compared to other parts of parenting, but words are like a superpower. If wielded for good, it can change someone's world- multiple worlds, actually (like down to three and four generations). If wielded for harm, it, too, can change someone's world down to three and four generations.

WHEN ENCOURAGE?

There is no magical, perfect moment to *speak courage*. The most powerful ones are the words said over and over, built over time. So parents can encourage on-the-go, conversation-style and here are the three most common:

- a. Life brings an opportunity for the conversation.
- b. The child has a circumstance that creates an opportunity for the conversation.
- c. A parent sees a need to have an intentional, scheduled conversation.

HOW ENCOURAGE?

Encouraging a child is an opportunity for parents to hold up a mirror to the son or daughter's soul and explain to them *who they are*, not just what they have done. In other words, parents *speak courage* into their identity, soul, or character, not their performance. Because when parents speak to the performance, it can imply the son or daughter needs to do something appropriate to receive love and acceptance.

LET'S GET STARTED.

Encouraging the soul takes a different twist on encouraging performance, so we include a sample page with examples. Once you are familiar with the language, we have a *Parent Encouragement Script* to get you started. Think old-school Mad Libs. Just fill in the blank each time you want to encourage your son or daughter. After a few times, the language will catch on! But...we also include a printable *Note For You* just in case! :)

ENCOURAGEMENT EXAMPLES (SOUL VS. PERFORMANCE)

SOUL

One of the things I respect is a brave person, and when I watch you walk into school every morning, I see bravery. When you are older, you will use this well.

VS

PERFORMANCE

As I watch you walk into school, I need you to remember to not get in trouble, ever.

~ ~ ~

SOUL

I am in awe at how you work with your teammates. I want you to know that I see you are kind and a team player, and I admire that in you.

VS

PERFORMANCE

I saw you score 5 points in the game this morning. I am proud of your success as an athlete, and I encourage you to score 10 points in the next game. Keep getting better.

~ ~ ~

SOUL

I noticed you were patient with your siblings today. I am proud of your ability to be calm with them.

VS

PERFORMANCE

You do such a good job.

~ ~ ~

SOUL

I have noticed you are trying, and you keep getting back up. I am proud of your hard work. Keep going, and let me know how I can support you.

VS

PERFORMANCE

I wish you were more like John. He can do that already. Keep trying.

ENCOURAGEMENT SCRIPT WITH HINTS

(💡 = Parent Hint)

_____,
(the name of the daughter/son)

I want to take a few moments to tell you how I see you. Recently, I noticed

_____.
(something you saw them do or say)

💡 Try to remember when you were in 2nd or 4th grade. What do you wish someone had seen in you? As you observe your child, look for a detailed example to offer them.

Your actions remind me of _____.
(a character trait you want to affirm)

💡 Children can't think abstractly, so use a concrete, age-appropriate word that explains a characteristic.

You remind me of _____.
(the name of a person who embodies the character trait)

💡 Children think concretely, so use someone they know well and tell a story of how they used the character trait, even if it's a character on their favorite show.

Your _____ **could really use people like you because you**
(a place they are involved)
can help _____.
(a situation when they will use the character trait)

💡 Offer your child a practical example from their everyday world: school, church, team, dance troupe, etc. It gives them a place to practice your encouragement.

I am proud of who you are. I am proud of who you are becoming. I respect you. I honor you. I love you.

(the name of the parent/guardian)

A NOTE FOR YOU

_____ ,

I want to take a few moments to tell you how I see you. Recently, I noticed

_____ .

Your actions remind me of _____ .

You remind me of

_____ .

Your _____ could really use people like you because you can help _____ .

I am proud of who you are. I am proud of who you are becoming. I respect you. I honor you. I love you.
