

YOU MIGHT BE GIVING YOUR KIDS MIXED MESSAGES: SAY THESE 6 THINGS TO THEM EVERYDAY

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What messages are my kids getting from me?

Is what I'm about to say support the type of mom I want to be?

“I LOVE YOU”

Most important & all the time. If they're not hearing it from us, they're most likely never hearing it.

“I'M LISTENING”

What you think & feel matters to me.

“YOU HAVE WHAT IT TAKES”

We have courage and faith in them.

“THIS IS YOUR RESPONSIBILITY”

We are here to support our children, not save them.

“I'M SORRY”

Represents our ability to take responsibility. We're patterning for them the types of adults we want them to become.

“I FORGIVE YOU”

They have to know it's safe to make a mistake.

reflections:

How often do you use these phrases daily?

Are your kids getting mixed signals from you?

What are some phrases you're using already?

Which phrases can you use more often?

How will your children benefit from hearing these phrases from you?

Notes: