

Let's start these conversations today and help our kids grow and flourish.

Model Self-Love & Positive Self-Talk



Children learn by example, so make sure to model healthy self-talk. Share your affirmations or talk through your own challenges with a positive perspective. When they see you practicing self-compassion, they'll be more likely to mirror it. For example, say:

- “I’m proud of how hard I worked on this, even if it didn’t turn out perfectly.”
- “I made a mistake, but that’s okay. I can learn from it and try again.”

Teach Kids to Recognize Negative Self-Talk

Help your kids identify when they're engaging in negative self-talk. Phrases like “I can't do this” or “I'm not good enough” are common red flags. Gently guide them to reframe these thoughts into more positive, encouraging statements, such as:



- “This is tough, but I can keep trying.”
- “I might not have succeeded yet, but I’m capable of learning.”

Practice Affirmations Together



A fun and engaging way to encourage positive self-talk is to create an Affirmation Jar. Fill it with uplifting statements or quotes that kids can pull from each day. These affirmations can help challenge negative thoughts and promote self-love, whether they're at home, school, or at work. For example:

- “I am worthy of love and respect.”
- “I am proud of my efforts, not just my results.”

Reinforce Positive Self-Talk When You Hear It

Praise and encourage your kids when you hear them using positive self-talk. Reinforcing these moments builds confidence and teaches them the importance of self-compassion. For instance, you might say:



- “I love how you reminded yourself that you tried hard!”