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Importance of Language



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Be intentional about using strength-based language. Strength-based language focuses on what the child **CAN** do instead of what the child **CANNOT** do. By focusing on the child's efforts and abilities, you can shape their positive self-perception and contribute to their inner voice (ex: "I can do this!"). Challenging yourself to use more positive language can strengthen your positive relationship with your child.

What you might have said...

"You're not old enough"

"Just let me do it"

"Just leave it alone"

"You aren't big/strong enough"

"Just move on if you can't do it"

What your child thinks...

"This is too hard for me"

"Maybe I should just give up"

"I can't do it"



What you could say instead...

"You are trying so hard"

"You can do this"

"Would you like some help?"

"I love how hard you are working"

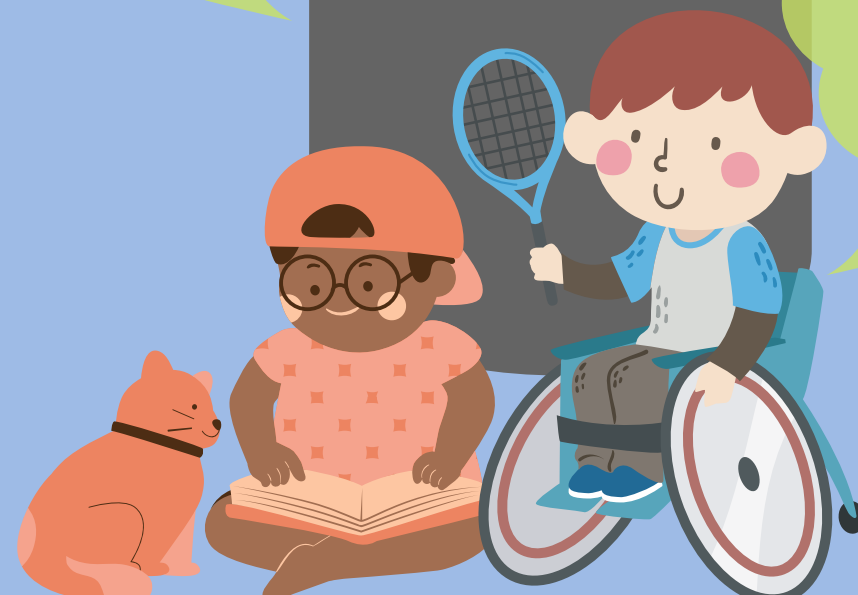
"I am proud of you"

What your child thinks...

"I just need to keep trying"

"I can do this!"

"I am good enough"



For more information on how to respond to challenging behavior, click [here](#).

