



# PEP Notes

## The Art of Encouragement

"Parental love is best demonstrated through constant encouragement toward independence." ~ Rudolf Dreikurs

### Demonstrate Faith

A smile • A hug • "I believe in you." • "I love you and I know you'll figure this out." • "I have confidence in your ability." • "That's a tough decision. What do you think would be the right thing to do?" • "I know you can handle it." • "I'm willing to discuss it, and I know after you think it through you'll make a good choice." • "Knowing you, I bet you'll do fine."

### Foster Self Confidence

"What a great idea, how did you ever think of that?" • "You did that all by yourself! You must have been working hard on it." • "I have no idea how to . . . Can you show me how?" • "Can I get your opinion on something? I could really use your ideas." • "How did you do that?"

### Focus on Progress Not Perfection

"You did it that time!" • "It looks like you've really got the hang of it." • "Wow, your practice/studying is really paying off." • "And to think you were anticipating the worst -- how must you be feeling now?" • "You really improved on . . . ." • "I think I see real progress in . . . ."

### Build on Strengths

"I can always count on you to . . . ." • "You were determined to finish -- it looked hard!" • "What are your thoughts and ideas about . . . ?" • "Your persistence paid off; you're officially a safety patrol." • "Your take-charge nature will make you a good leader." • "Your sense of humor really lifts my spirits!"

### Notice Contributions

"When I come home and find the dishwasher emptied I feel . . . ." • "When dad comes home and sees that the lawn is mowed he'll be so relieved." • "What a treat, the table is already set!" • "Thanks so much, that was a tremendous help. While you did that I was able to . . . ."