



## 9 Things Parents Should Say to Their Kids Every Day!

1. **"I Love You"**  
Say it often.
2. **"I Like it when you..."**  
Talk about positive aspects of their behavior.
3. **"You make me happy."**  
That makes them feel valuable.
4. **"I am proud of you."**  
They need to hear they are doing a good job even when it is hard.
5. **"You are special."**  
Let them know their uniqueness is a strength.
6. **"I trust you."**  
Building a foundation of trust raises an honest person.
7. **"I am grateful for you."**  
Be specific, this can really make their day!
8. **"I believe in you."**  
Teach them how valuable they are.
9. **"I know you can do that."**  
Encourage them to never give up.

Source: Power of Positivity