

Sit With It

Sit in front of the parent and tell the parent about three of their strengths, focusing on affirming mutable traits (rather than fixed traits).

“Jacob, you work really hard to baby-proof this house and make it safe for her. You always respond to tantrums with patience and gentleness, and you verbalize your limits when you’re feeling frustrated and know when to ask for help.”

Encourage the parent to “just sit with it,” meaning they should not say anything in response or react. Then, ask the parent:

- How did that feel? What thoughts were going through your head?
- Do you find it easier to receive affirmation or give affirmation?
- How could this activity influence how you speak about yourself or about your child?



Why this activity?

Children thrive in environments where they know they are cherished and beloved; and that love is clearly expressed through both words and actions.

“The earlier in life your baby knows you find her delightful just as she is, the more confident she’ll be and the more self-esteem she’ll build- because she knows the most important person in her life finds her valuable and lovable just as she is.” -Raising a Secure Child

Describing this activity to families

It is important to notice and talk about the strengths in ourselves and others. Giving and receiving affirmation can be hard, especially for adults as many of us have been conditioned to deflect compliments so we don't "get a big head". Giving and receiving compliments requires us to get out of our comfort zone, get personal and open up to being vulnerable.



Flourishing Further

- Discuss with parents positive discipline techniques of highlighting the behavior you wish the child to continue or grow.