

# *Championing Your Child:*

## *Helping Your Child Develop A Positive Self-Image\**

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There are many ways to help your child build inner strength and a positive self-image. The sooner a parent starts, the easier it is to be successful. The most important thing is TO START NOW!

The single biggest factor in achieving the goal of nurturing your child's inner world and developing a strong, self confident, self-reliant individual is by modeling what it is we hope to achieve. Therefore, we most diligently work on our own self-esteem, becoming all we can be. This is accomplished by taking classes on self-development and doing our own therapy when needed.

Another way to help our children is by saying those things they need most to hear at each stage of their development. Below is a partial list of affirmations you can use with your child/children. These affirmations CAN NOT be used too much, so use them freely and generously. Good luck.

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Directions: Find a way to share these affirmations, based upon the child's age, with your child regularly. These might be great to add to your child's bedtime routine.

0-1 years of age: I am so glad you are my son/daughter.  
I like you just the way you are.  
I will never leave you. You can count on me.  
Your needs are OK with me.  
I like taking care of you.  
In all the world, there has never been another like you.  
I will give you all the time you need to get your needs met.  
I am so glad you are a boy/girl.  
I love preparing food for you and spending time with you.

2-3 years of age: \_\_\_\_\_, I love you just the way you are.  
I am here to take care of your needs. You do not need to take care of mine.  
It is OK for you to be taken care of,\_\_\_\_\_  
\_\_\_\_\_, it is OK to be curious, to want, to look, and to touch things. I will make it safe for you to explore.  
It's OK to say no, \_\_\_\_\_. I am glad you want to be you.  
It is OK for both of us to get mad. We will work out our problems.  
It is OK to feel scared when you do things your way.  
It's OK to feel sad, and to cry, when things do not work out.  
I will never leave you. You can always count on me.  
You can be you, and still count on me being there for you.

I love watching you learn things. I love watching you grow up.  
I love and value you,\_\_\_\_\_.

4-5 years of age: \_\_\_\_\_, I love watching you grow and learn.  
I will be here for you to test your boundaries and find out your limits.  
It is OK for you to think for yourself. You can think about your feelings & have feelings about what you are thinking.  
I like your life energy. I love watching you play.  
I will set limits for you and help you find out who you are.  
I love your curiosity about your body and about life.  
It is ALWAYS OK for you to ask me questions.  
I love you just the way you are,\_\_\_\_\_.  
It is OK for you to be different; to have your own ideas on things.  
It is OK for you to feel differently than other people.  
It is OK for you to imagine things without fearing they will come true. I will help you separate fantasy & reality.  
I like that you are a boy/girl.  
It is always OK for you to cry, even though you are growing up.  
It is good for you to find out the consequences of your behavior.  
You can ask for the things you want.  
You can ask questions if something seems confusing.  
You are not responsible for Mom and Dad being happy!  
You are not responsible for family problems.  
It is OK to explore and to make mistakes.

6-10 years of age: \_\_\_\_\_, you can be who you are at school. You can stand up for yourself and I will support you.  
It is OK to learn to do things your way.  
It is OK for you to think about things and try them out before making them your own.  
You can trust your judgments. You need only take the consequences of your choices.  
You can do things your own way.  
It is OK to disagree. We can agree to disagree.  
I love you just the way you are,\_\_\_\_\_.  
You can trust your feelings. If you are afraid, tell me.  
It is OK to feel afraid. We can talk about anything.  
You can dress like the other kids, or you can choose to dress differently.  
You deserve to be happy. Let me help you.  
I am willing to be with you, to support you, no matter what.

No matter what anyone says or does, know that you are a worthwhile person.

I will always love you, even if you make bad choices!

Teenage years: I am always on your side, even if it does not feel that way.  
If you ever want to talk, I love to listen and learn more about your world.  
I love watching you grow up.  
I love just hanging out with you.  
Know that we can talk or not. I am happy being with you.  
We can always agree to disagree.  
If you want something, remember: IF YOU WANT TO G-E-T, YOU NEED TO A-S-K !  
I am so glad you are my son/daughter.  
Please let me know if I do anything that upsets you. We can discuss anything.

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\* Much of the information contained in this "Championing Your Child" came from John Bradshaw's book Homecoming (Bantam, 1990). This article was first published in BPP Edition #2, December 2005.



***Lighten up and enjoy each precious moment with your kids!!***