

15 simple ways to help young children feel loved and comfortably confident.

1

I Saw You Strength Spotting



- Try:** Swap vague praise for specific evidence from the moment.
- Say:** "I saw you keep trying when the tower fell." "I saw you ask for help instead of giving up."
- Kid phrase:** "I am a kid who keeps trying."

Crew cue: Joy

2

Helper Badge System



- Try:** Give one real family job: sock matcher, plant waterer, napkin captain, book basket helper, or kindness helper.
- Say:** "You are trusted with important little jobs."
- Kid phrase:** "I am helpful."

Crew cue: Marv

3

Oops Stories at Dinner



- Try:** Everyone shares one small mistake and what they learned.
- Say:** "I spilled my water. I cleaned it up." "I forgot my turn. I tried again."
- Kid phrase:** "Mistakes help me learn."

Crew cue: Maggi

4

The Try-It Ladder



- Try:** Draw three rungs: I watch, I try with help, I try a little by myself.
- Say:** "We can take one step." "You do not have to do the whole thing at once."
- Kid phrase:** "One step is still progress."

Crew cue: Marv

5

Feelings Are Welcome Scripts



- Try:** Separate the child's feeling from the behavior that needs a limit.
- Say:** "Mad is welcome. Hitting is not safe." "Scared is welcome. We can try together."
- Kid phrase:** "My feelings are okay."

Crew cue: Joy

6

The Believable Words Game



- Try:** Trade too-big affirmations for words that feel true enough today.
- Say:** Instead of "I am perfect," try "I am learning," "I can ask for help," or "I can try again."
- Kid phrase:** "I can try again."

Crew cue: Ozz

7

Before & After Confidence Photos



Try: Take a picture or draw before and after learning something new.

Say: "First it was hard. Then you practiced. Now you can do more."

Kid phrase: "I grow with practice."

Crew cue: Maggi

8

Mirror, Not Magnifying Glass



Try: Reflect the whole child, not just what went wrong.

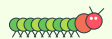
Say: "You had a big idea. Now let's make cleanup part of the idea too."

Kid phrase: "My ideas matter, and I can learn."

Crew cue: Ozz

9

The Repair Ritual



Try: Use the same calm repair sequence after mistakes.

Say: "What happened? Who was affected? What can we do to help? You are still loved."

Kid phrase: "I can make things better."

Crew cue: Marv



10 Choice Muscles

- Try:** Offer small, bounded choices that let the child practice autonomy.
- Say:** "Blue cup or green cup?" "Do you want to say hello with a wave or words?"
- Kid phrase:** "I can choose."

Crew cue: Joy



11 The Kindness Detective

- Try:** Invite your child to notice kindness in themselves and others.
- Say:** "Who was kind today?" "How were you kind today?" "Who helped you feel safe?"
- Kid phrase:** "I notice kindness."

Crew cue: Ozz



12 My Body Helps Me Ritual

- Try:** Focus on what the child's body helps them do instead of how it looks.
- Say:** "Your legs helped you jump." "Your hands helped you build." "Your voice helped you ask."
- Kid phrase:** "My body helps me."

Crew cue: Maggi

13 Family Words We Use Poster



Try: Post replacement words where the family can practice them.

Say: "I can try with help." "I made a mistake." "I need a break."

Kid phrase: "I can use helpful words."

Crew cue: Joy

14 Tiny Talent Museum



Try: Collect tiny wins: first scribbles, helping photos, puzzles, brave moments, and kind acts.

Say: "This shows you are creative, helpful, brave, and growing."

Kid phrase: "I am growing."

Crew cue: Maggi

15 Let Them Teach You Moments



Try: Ask your child to teach you something simple so they can feel capable.

Say: "Teach me how you built that." "Can you show me your calm-down breath?"

Kid phrase: "I have something to share."

Crew cue: Ozz