



# Encouragement

**Tell your child what you see...**

- 1.** You can do it. It just takes practice.
- 2.** That was a thoughtful thing to do.
- 3.** You kept trying and you figured it out.
- 4.** That was helpful. Thank you.
- 5.** You shared your toy. That was kind of you.
- 6.** There you go. That's it.
- 7.** I know you worked very hard on that.
- 8.** We make a great team.
- 9.** Everybody needs help sometimes.
- 10.** You showed me you you can...(calm down; listen; touch gently; be patient, etc.)

**Encouragement builds resilience**

