5 Messages Your Kid Needs to Hear



Words are powerful. They mold, inspire, hurt, encourage and stick with us. As a parent, you have the opportunity to shape your child through the messages you speak to them. Children hear messages constantly from the world around them. You may not be the only voice speaking into their lives, but you can be the loudest.





Here are five messages every child needs to hear from their parents. These may seem simple, but it's easy to overlook consistently and intentionally communicating these messages on a daily basis when we get caught up in the fullness of life. As you read through these, think of a consistent time each day you can communicate one to your child. Bedtime is a great time to speak messages of encouragement.

Paul encourages us in his letter to the church at Thessalonica to

"ENCOURAGE ONE ANOTHER AND BUILD ONE ANOTHER UP."

(1 Thessalonians 5:11)











Let's use our words wisely to implant life-giving messages into our children's hearts and minds.

I LOVE YOU

This may seem like an obvious message, and you may say it often. In the rush of life, it's easy to say it in passing instead of pausing to look your child in the face and tell them how much you love them. Take time to communicate this message intentionally. We all give and receive love in different ways. Study your child and learn the specific ways they receive love. This book is a great resource to help you learn about the ways children give and receive love.

Here are a few ways to say,

"I LOVE YOU."

#1.

"I'm so thankful to be your parent."

#2.

"Our family wouldn't be the same without you."

#3.

"The day you were born was the best day of my life."

You may communicate this phrase more with your actions than spoken words. When you look your child in the eyes as they talk to you, put down the phone, or close the laptop, you communicate their worth to you. Children are ego-centric and want to know they are valuable. Communicating they are important to you builds their confidence and self-worth.



Here are a few ways to say,

"YOU ARE IMPORTANT."

#1.

"I enjoy spending time with you."

#2.

"I love hearing about your day."

#3.

"Being with you is the best part of my day!"

We all have a built-in shame responder. When we make a mistake it goes off. You can respond to your child's mistakes with love and encouragement, knowing they already feel ashamed. Communicating that it's ok to make mistakes helps them (and us) learn to laugh at ourselves and not take everything so seriously.

IT'S OKAY TO MAKE MISTAKES

#1.

"I love you
no matter what."

#2.

"Everyone makes
mistakes."

#3.

"It's okay—
I did that once too."

Here are some phrases that communicate:

"IT'S OKAY TO MAKE MISTAKES."



Parents tend to be the primary source of correction in a child's life. It's easy for praise and encouragement to get lost in the noise of discipline. Look for opportunities to praise your child as often as you correct them. Let them know you are proud of them, even in the small things, like sharing a toy with a sibling.

#1.

"I'm so proud to be your mom/dad."

#2.

"You make me smile when..."

#3.

"I love watching you..."

Here are some ways you can communicate:

"I'M PROUD OF YOU."

YOU ARE SPECIAL

In a culture full of comparison you have the opportunity to celebrate the unique way God created your child. The vast uniqueness of the human race reflects a God who never runs out of creativity. There is no other child exactly like yours.

Help your child love the unique way they are made. Take a moment to write down all the things you love about your child and a few intentional ways you want to communicate them.

#1.

"Your [eye color] reminds me of..."

#2.

"I love your..."

Here are some ways to say,

"YOU ARE SPECIAL."

#3.

"I love that you are the only person I know with..."