

Admiration Skills for Parents to use with Their Children

<p>1. Gratitude just for the chance to know you and be with you.</p>	<p>“I’m so glad you’re here”; “Things are always more fun with you”; etc.</p>
<p>2. Admiring qualities in you.</p>	<p>“You’re about the kindest person I know”; “You have a way of making people want to be with you”; “You’re optimism makes you a joy”; etc.</p>
<p>3. Admiring something you did.</p>	<p>“That was such a great job”; “I got such a rush seeing you do that”; etc.</p>
<p>4. Letting you hear what I say about you to others.</p>	<p>“I’m glad he’s a help at school; he’s a joy at home, too”; “Let me tell you about what this little lady got on her report card”; etc.</p>
<p>5. Physical demonstrations.</p>	<p>Hugs; high fives; lap time; a pat on the back; etc.</p>
<p>6. Being totally there when we’re together.</p>	<p>“That was such a great story; can you tell it again?”; “What do you think?”; “What do you think the President should do?”; etc.</p>
<p>7. Saying what you get from Dad/Mom.</p>	<p>“You’re a great swimmer, just like Dad”; “You get your math ability from Mom—thank the Lord!”; “You’re kind like Dad”; “You’re generous, just like Mom”; etc.</p>
<p>8. Assembling a team of at least 6 adults to admire you.</p>	<p>What a bonus it would be to have people outside your family show their admiration for your children.</p>