

Reminders for Parents & Caregivers

Seven things a child needs to hear and know

From Appendix A of *Mighty Hopeful* by Jennifer Harris · jhspeakslife.org · free to copy and share

- Tell children that they are loved and wanted daily.
- Provide a safe place for children to express their feelings about the physical and emotional changes occurring in their bodies, along with validating that these changes are normal and necessary. A child needs to be celebrated and comforted by adults to help lessen the feelings of shame, guilt, or isolation.
- Use meal time and alone time with children to inquire about specific issues or concerns they are having, such as peer pressure, bullying, and personal matters. A child needs to know bullying is not accepted or tolerated.
- Be present and available. A child needs to know they are listened to and given individual attention. It is important for a child to know that they do not have to compete with outside distractions such as the phone, social media, or adult schedules while sharing their feelings.
- Speak positive and life-giving words over your child daily consistently and purposefully. A child needs to hear positive affirmation at least three times a day.
- Use the storyline of *Mighty Hopeful* to reinforce figurative speech lessons. Children learn best when they can connect concepts to real-world examples.
- Remember that Hope, Love, and Courage can be activated by Faith.

You are wanted, appreciated, and loved.