

# 75 MOST POWERFUL + HEARTFELT POSITIVE MESSAGES FOR KIDS

- ♥ You are important to me.
- ♥ I love spending time with you.
- ♥ You make me smile.
- ♥ I love you no matter what.
- ♥ I feel so lucky to be your mom/dad.
- ♥ I'm proud of the person you are.
- ♥ I love you from your toes to your nose to where your hair grows!
- ♥ You are beautiful to me, inside and out.
- ♥ I thought of you today when...
- ♥ I like you.
- ♥ Sometimes if I'm feeling sad, just thinking of you makes me feel better.
- ♥ You can always talk to me, even if it's about something that makes you nervous or scared or sad.
- ♥ I love to watch you... [play soccer, make art, and so on]
- ♥ You make my heart feel full.
- ♥ I appreciate when you...
- ♥ You're one of a kind.
- ♥ I care about you more than you can imagine.
- ♥ I'm grateful that you're in my life.
- ♥ I love your insides and your outsides!
- ♥ I'm here for you, no matter what happens.
- ♥ I'd love to hear what you think about...
- ♥ My world is better with you in it.
- ♥ I noticed you working hard on...
- ♥ I believe in you.
- ♥ I saw when you... [did something helpful or kind]
- ♥ I love hearing your ideas.
- ♥ You make a difference in my life.
- ♥ I love seeing the world through your eyes.
- ♥ Seeing you happy makes me happy.
- ♥ You matter to me.
- ♥ I hope you have an awesome day today.
- ♥ Anytime you need help, I'm here for you.
- ♥ I love you just the way you are.
- ♥ You are a precious treasure to me.
- ♥ I respect you and your opinions.
- ♥ We're a team, you and me.
- ♥ I love being your mom/dad.
- ♥ Sometimes I look at you and think back to when you were younger, and...
- ♥ There's only one you in the world.
- ♥ I love your laugh/smile.
- ♥ Nothing would ever make me stop loving you.
- ♥ It's you I like. Every part of you.
- ♥ You're an important part of this family.
- ♥ It's exciting to watch you grow up.
- ♥ I'm so grateful you're my daughter/son.
- ♥ You can always come to me, no matter what.
- ♥ I love you more than... [all the stars in the sky, all the fish in the sea, more than cupcakes love sprinkles, and so on]
- ♥ I will always be there for you.
- ♥ Being your parent is my favorite part of life.
- ♥ You are special to me.
- ♥ Thank you so much for doing...
- ♥ You make life fun.
- ♥ I love being around you, no matter what we're doing.

# 75 MOST POWERFUL + HEARTFELT POSITIVE MESSAGES FOR KIDS

- ♥ You are my favorite 5-year-old.
- ♥ I love you to the moon and back.
- ♥ I'm a fan of you.
- ♥ I love when we learn something new together.
- ♥ I'm never too busy for you.
- ♥ You light up my day.
- ♥ That was a kind decision when you...
- ♥ I have fun when I'm with you.
- ♥ I love you more than French fries. [or pizza, cupcakes, and so on]
- ♥ Seeing you smile makes me smile.
- ♥ You'll never get in trouble for talking to me about something that's bothering you.
- ♥ I feel blessed to have you in my life.
- ♥ You inspire me to be a better person.
- ♥ Even if I'm feeling frustrated about something, I still love you.
- ♥ I love the way your mind works.
- ♥ You make me happy, just by being you.
- ♥ I wouldn't trade you for a million gabazillion dollars.
- ♥ I love you when... or... [give two very different examples, like "I love you when you feel brave or scared" or "I love you when you're serious or silly"]
- ♥ I miss you when we're apart.
- ♥ You can always tell me the truth, even if you're scared to, and I will still love you.
- ♥ I wish I didn't have to go to work so we could stay home together and play all day.
- ♥ I will love you always and forever.

## HOW TO MAKE YOUR KID FEEL SPECIAL

- ♥ **Be sincere.** Kids can tell when you're insincere. Share with the intention to encourage, not to control behavior.
- ♥ **Be spontaneous.** If your child comes to expect the same encouragement every time they do something, your words will lose their impact.
- ♥ **Be specific.** For example, "Good job!" is too vague to be meaningful. Instead, try "I saw when you emptied the dishwasher this morning. Thank you." Similarly, avoid "You're so smart" and comment on your child's specific effort or actions instead.

## WHEN TO USE THESE PHRASES

- ♥ Say your child's name out of the blue, then say a phrase — bonus points if you bend down and get on their eye level.
- ♥ Pick a different phrase to say at bedtime every night while tucking your child in — say it with a smile or whisper it while you give a big bear hug.
- ♥ If you've had a moment of disconnection like a disagreement or power struggle, deliver a phrase with a hug, back rub, or pat on the shoulder.
- ♥ Write a phrase down and leave it for your child to find — a slip of paper in their lunchbox, a Post-It note on the bathroom mirror, a note on their pillow, and so on.
- ♥ When you notice your child seems sad or upset, say one of these phrases.
- ♥ If you notice your child struggling with something, encourage them with one of these phrases.