

Affirmations Educators Can Offer Parents and Caregivers

Adapted by Diane Wagenhals from Developmental Affirmations by Jean Illsley Clarke

Being Affirmations Educators Can Offer Parents and Caregivers

- ... It is wonderful that you are in the world.
- ... You belong with and to your family, in your community, in the world, in our group.
- ... Your needs are important and should be acknowledged and honored.
- ... You have special and unique gifts and talents.
- ... You can grow at your own pace.
- ... You can feel all of your feelings.
- ... I will willingly care for and about you, respect you, and appreciate you.

Doing Affirmations Educators Can Offer Parents and Caregivers

- ... You can try new ideas, concepts and skills and I will support and guide you.
- ... You can use all your senses, wisdom and past experiences to help you grow and explore.
- ... You can take your time growing and changing.
- ... You can be clear about what you know and understand.
- ... You can explore a wide variety of approaches and theories.
- ... I am delighted to see the many ways you are growing and learning.
- ... I care for you when you are actively trying new things and when you are being reflective and more laid back.

Thinking Affirmations Educators Can Offer Parents and Caregivers

- ... You are learning to be a critical thinker and a careful consumer of ideas and approaches.
- ... I know sometimes you feel frustrated and angry. I can accept that and will help you learn to manage your anger in healthy, constructive ways.
- ... You can make your own decisions about boundaries, rules and limits. As long as they are basically healthy for you and your family I will support and respect you.
- ... Sometimes we may disagree. You are entitled to your opinions and perspectives.
- ... You can think and feel at the same time.
- ... You can learn to recognize your needs and can ask for help meeting them.
- ... You may have times when you will lean on me and then you will be able to stand on your own as you grow stronger. Throughout it all I will care for and about you.

Identity and Power Affirmations Educators Can Offer Parents and Caregivers

- ... You can explore your past, you can explore who you are, what you believe and value, you can learn about other people.
- ... You can claim your power as a person and a parent and can still ask for help when you need it.
- ... You can try new and different ways of living, caring, parenting, growing.
- ... You can discover for yourself that knowledge is power.
- ... You can become clearer about the consequences of your behavior.
- ... All of your feelings are acceptable.
- ... You can become clearer about what is true and real and factual and what you are hoping, imagining, wishing, believing.

Structure Affirmations Educators Can Offer Parents and Caregivers

- ... You can think before you act and before you make decisions.
- ... You can learn from both your successes and your failures.
- ... You can trust your intuition and insights to help you make healthy decisions.
- ... You can find ways to do things that work for you.
- ... You can create structure for yourself and your children that provides safety and opportunities to grow and learn.
- ... You can learn healthy and effective ways to discuss and explore problems.
- ... You can think for yourself and can get help instead of staying in distress.
- ... I can respect and care for and about you even when we disagree.
- ... I enjoy growing with you.

Identity, Separation and Sexuality Affirmations Educators Can Offer Parents and Caregivers

- ... You can accept and cherish who you are as a person and as a parent or caregiver. You can continue to learn and grow in many ways.
- ... You can continue to differentiate between sex and nurturing and can be responsible for your needs, feelings and behaviors.
- ... You can nurture yourself as a person who is separate from your role as parent or caregiver.
- ... You can learn to apply your skills and awarenesses in a variety of ways and situations.
- ... You can continue to learn what it means to be male or female in this world and how to respect and relate to other adults, regardless of their sex.
- ... I will continue to enjoy knowing you as you grow and mature.
- ... I will continue to care for you and I trust that you will ask for my support when you need it.