

# 7 ways to respond to YOUR CHILD'S NEGATIVE SELF-TALK

by Big Life Journal



## 1 ACKNOWLEDGE THE FEELING, NOT THE WORDS

If you can search out what your child is feeling, and name it, you can help your child to both identify what's actually bothering him and begin to separate that problem from his own self-worth.

## 2 USE HUMOR TO HELP THEM SEE THINGS DIFFERENTLY

Role-playing a situation, using the funniest possible circumstance. For example, if your child is worried about going to a school party, you can get dressed up in fun and silly outfits and then come back and tackle the problem as a cowboy, doctor, or puppy.



## 3 USE SPECIFIC PRAISE TO SHOW YOUR CHILD HOW GREAT THEY'RE DOING



Praising a child's efforts is one of the best ways to focus both your and your child's attention on the problem-solving tools they are using to get through a situation. By telling your child what you noticed about his efforts or attitude, you're allowing him to connect his own positivity to the situation.

## 4 TALK OPENLY ABOUT NEGATIVE SELF-TALK

Realize that negative self-talk is often a symptom of fear, and share that realization with your child. Think together about what your child might be afraid of when she says things like, "I'm dumb." By addressing the fear of being unintelligent, you can help your child to find useful strategies to deal with it.



## 5 TALK ABOUT HAVING A GROWTH MINDSET



Practice a growth mindset by being resilient and pressing forward on a long-term goal relentlessly. Let them see you make mistakes in reaching this goal while never losing sight of the end. Answer their questions about your next steps, and celebrate your successes with them.

## 6 DISCUSS YOUR "BEST FAILURES"

Ask everyone at the dinner table to share something they failed at that day. Empathize with each other openly and celebrate the combined learning that your family is achieving every day, despite setbacks and failures.



## 7 CREATE AN AFFECTIONATE, WELCOMING HOME



When you give your children a strong, warm base to return to, they're able to explore and experiment because they accept that they'll be loved no matter the results of their efforts.