

Parenting Tips: Using Affirmations

By Isolina Ricci, Ph.D., 2006 ©

Positive reminders or affirmations can call forth our best intentions and inner wisdom. They can be especially helpful as you journey through change. Each month, Dr. Ricci will add more affirmations adapted from MOM'S HOUSE, DADS HOUSE FOR KIDS and MOM'S HOUSE, DAD'S HOUSE FOR PARENTS and her work with families. Try one of these affirmations yourself this week. Just say it to yourself several times a day, put it in your planner or PDA.

I REASSURE

I remember to gently reassure my children that I love them and will always take care of them...no matter what. Our way of being a family has changed, but we are still a real family.

I AM HERE

I show my children every day that I am always here for them- in person, via phone, email, notes -- now more than every before. They need not fear that they will lose me.

I CAN HELP MY CHILDREN COPE SUCCESSFULLY

I find gentle ways to interpret the changes for my children and coach them on how to help themselves and learn life skills at the same time*

I MAKE MY CHILDREN FEEL SAFE AND HOPEFUL

I act in a way so that my children feel safe and hopeful about the future.

I PROTECT MY CHILDREN FROM MY STRESS AND FEARS

I take care of myself, get good advice and support, and reduce my stress. I do not pass my stress or fears to my children.

I PROTECT MY CHILDREN AND KEEP THEM OUT OF THE MIDDLE

I keep my arguments and frustrations with the other parent private and out of the child's earshot

I KEEP ORDER AND STRUCTURE

I help my children feel a sense of order with a daily routine, eating meals together, and firm house rules.

For more on adult emotions, dealing with the other parent, handling the legal business, calming children's fears, and reading danger signals, see the book for parents, MOM'S HOUSE, DAD'S HOUSE. For ways to teach your children how to help themselves, support you and the family, and ways to process the changes in the family, see MOM'S HOUSE, DAD'S HOUSE FOR KIDS.