



## Words of Affirmation

I am strong!

**Goal:** Get in the habit of telling yourself “I am beautiful” or “I am kind.” Try writing a Valentine’s Day card to yourself! Knowing your worth and value is important for both parents and children. There are many factors within today's world that can affect emotions and how we view ourselves. Learning to love yourself keeps you healthy and happy.

**[Tip]:** Allowing children to see you telling yourself these things will help them learn from your modeling.

**Why is this important?** Children are observational learners; they see and do what we do. By reaffirming the thoughts about ourselves with each other, we encourage them to do the same for themselves.

**References:** Hill, Z., Spiegel, M., & Gennetian, L.A. (2020) Pride-based self-affirmations and parenting programs. *Frontiers in Psychology*, 23. <https://doi.org/10.3389/fpsyg.2020.00910>