

THE WHITE HOUSE
WASHINGTON

March 28, 1994

Cynthia Good
Anchor/Reporter
Gillett Communications of Atlanta, Inc.
1551 Briarcliff RD, N.E.
Box 4207
Atlanta, GA 30302

Dear Ms. Good:

Thank you so much for sending me a rough draft of "WORDS YOUR CHILDREN MUST HEAR."

Mrs. Clinton has received an overwhelming number of requests to write forewords and/or blurbs for upcoming books, many of them as deserving as yours. As a result, we have been reluctantly forced to turn down all such requests. I hope you will understand that this response does not reflect upon the quality of your book.

Please accept my thanks on behalf of Mrs. Clinton and best wishes for the success of the book.

Sincerely,

A handwritten signature in cursive script, reading "Margaret A. Williams". The signature is fluid and extends to the right with a long, sweeping tail.

Margaret A. Williams
Chief of Staff to the
First Lady

THE WHITE HOUSE
WASHINGTON

March 25, 1994

Cynthia Good
Anchor/Reporter
Gillett Communications of Atlanta, Inc.
1551 Briarcliff RD, N.E.
Box 4207
Atlanta, GA 30302

Dear Ms. Good:

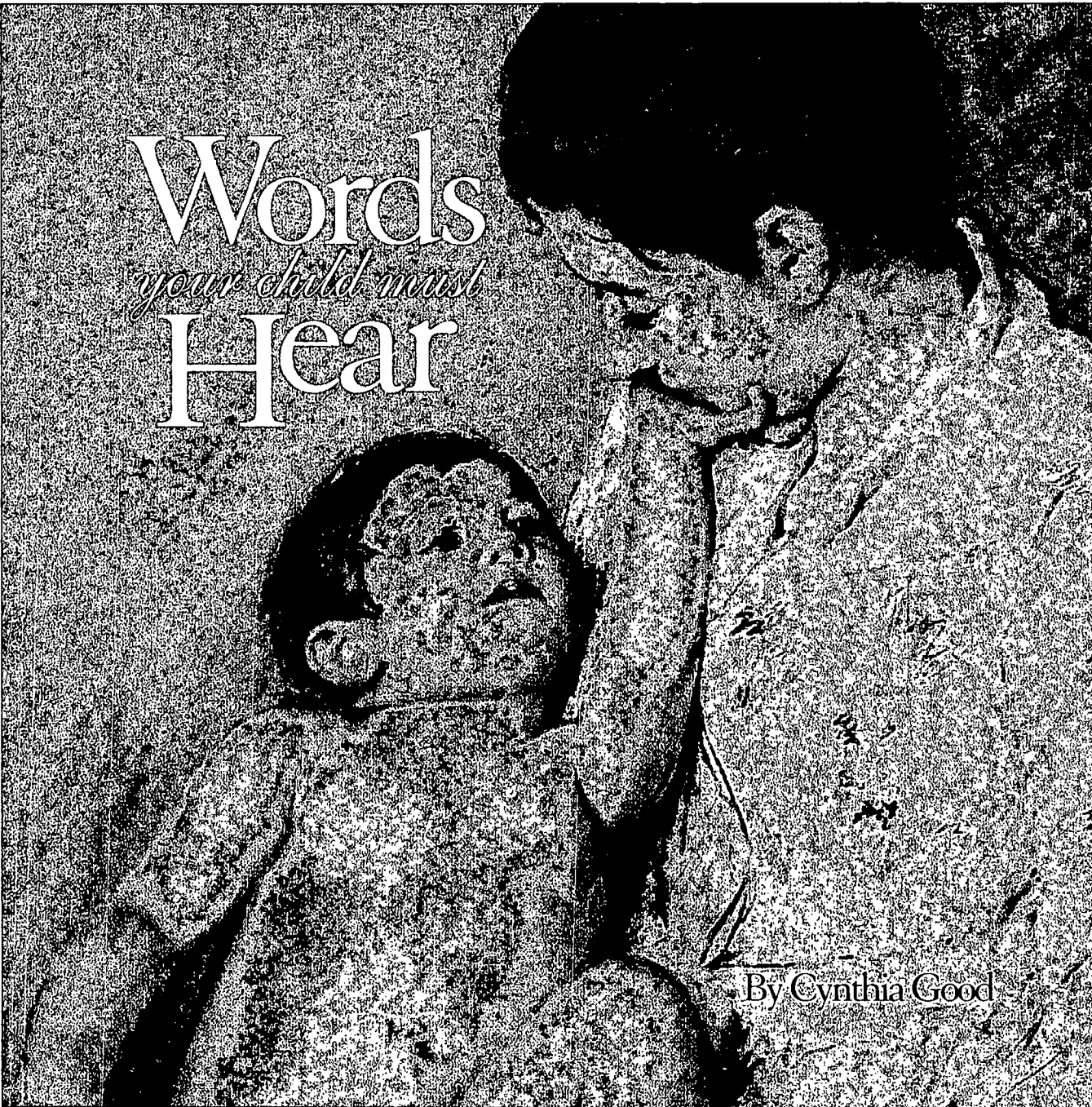
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Sincerely,

Maggie Williams
Chief of Staff to the First Lady



Words *your child must* Hear

By Cynthia Good

WORDS YOUR CHILD
MUST HEAR

BY CYNTHIA GOOD
1ST DRAFT
JANUARY 12, 1993



DEDICATION

**TO MY HUSBAND, JOEY, WHO TAUGHT ME THE
MEANING OF LOVE AND TO OUR SON, ALDEN, WHO WE
GET TO SHARE IT WITH.**

ACKNOWLEDGEMENTS

TO MY WONDERFUL, SUPPORTIVE FRIENDS DENISE AND MARK CONNOLLY, SARA AND ARMAND HARRIS, ELIZABETH O'DOWD, MARY GANZ AND MEG REGGIE; TO MY NEWS DIRECTOR BUDD MCENTEE AND MY COLLEAGUES AT WAGA TV; ALSO TO MY MOTHER IN LAW PHY LISS REIMAN. TO MY PARENTS WHO GAVE ME THE IMPETUS TO WRITE THIS; AND TO MY PUBLISHER CHUCK PERRY AND HIS FAMILY FOR SHARING THEIR WISDOM.

SPECIAL THANKS TO DR. ARTHUR COHEN, ONE OF AMERICA'S PREEMINENT PSYCHOLOGISTS WHOSE SUPPORT AND VAST KNOWLEDGE MADE THIS BOOK POSSIBLE; AND TO HIS WIFE LOIS.

FORWARD
BY ARTHUR M. COHEN PH.D.
CLINICAL PSYCHOLOGIST
ATLANTA GEORGIA

THIS BOOK OFFERS NECESSARY REMINDERS OF WHAT WE CAN DO FOR OUR CHILDREN. IT ENCOURAGES US TO BE CONSCIOUS OF WHAT WE COMMUNICATE TO THOSE WHO ARE MOST PRECIOUS TO US. IT'S A CHANCE TO EXAMINE THE FEELINGS BEHIND OUR MESSAGES AND TO ASK OURSELVES; WHAT DO WE WANT TO SAY TO THIS CHILD?

IF YOU SAW TWO STRANGERS AND ONE WAS A CHILD, THE OTHER AN ADULT, AND THE ADULT PICKED UP THE CHILD AND LOOKED INTO THE CHILD'S EYES AND HELD THE CHILD CLOSE AND SPOKE, YOU COULD RIGHTLY ASSUME, EVEN IF YOU DIDN'T HEAR THE WORDS, THAT THERE WAS AN INTENTION TO COMMUNICATE A FEELING OF CARING AND LOVE.

SUCH INTERCHANGES, FOR BETTER OR FOR WORSE WILL HAPPEN THOUSANDS OF TIMES IN THE COURSE OF A CHILD'S LIFE. WORDS SPOKEN WITH THE HONEST INTENT OF STRENGTHENING FEELINGS OF LOVE WILL HAVE A LASTING BENEFIT AS THEY ENABLE THE CHILD TO BETTER ACCEPT HIS OR HER IMPULSES AND EXPRESS HIS OR HER TRUE SELF. THIS CHILD WILL HAVE AN EASIER TIME IDENTIFYING POSITIVE PURPOSES AND GOALS AND HE OR SHE WILL GAIN A SENSE OF SELF THAT IS STRONG BUT NOT CLOSED OFF FROM THE ENVIRONMENT.

THROUGH THESE EXPRESSIONS CYNTHIA GOOD PROMOTES THE THREE THINGS REQUIRED FOR EMOTIONAL HEALTH; THAT CHILDREN FEEL LOVED, IMPORTANT AND THAT THEY BELONG.

SUCH A CHILD CAN THEN REACT DIFFERENTIALLY TO THE WORLD, EXPRESS SADNESS WHEN APPROPRIATE BUT MOVE THROUGH HARD TIMES TO RENEWED AND ADDITIONAL HAPPINESS; EMERGING AS A BEAUTIFUL, PRODUCTIVE AND CONTRIBUTING INDIVIDUAL WITH THE CAPACITY TO DEVELOP DEEP PERSONAL BONDS IN ORDER TO ONE DAY BEGIN THE PROCESS OF THE RECREATION OF THE UNIVERSE.

THERE'S AN OLD PROVERB THAT SAYS "A TREE SHALL GROW AS THE TWIG IS BENT;" THIS BOOK IS A FINE SEED.

INTRODUCTION

WORDS HAVE THE POWER TO CREATE OR DESTROY A CHILD'S SPIRIT.

WITH ENCOURAGING WORDS AND GENUINE LOVE YOU CAN HELP YOUR CHILD BLOSSOM INTO A CONFIDENT, HAPPY ADULT WHO FEELS WORTHY OF ALL THE TREASURES LIFE HAS TO OFFER AND WHO IS SURE TO ONE DAY RETURN THE LOVE RECEIVED.

WORDS FROM A PARENT OR CARETAKER CAN MINIMIZE A CHILD'S EARLIEST FEARS AND LAY THE FOUNDATION FOR A HEALTHY SENSE OF SELF LATER AND A VIEW OF THE WORLD AS A SAFE PLACE WHERE EVERY DREAM BECOMES POSSIBLE TO ACHIEVE.

THERE IS NO GREATER GIFT AN ADULT CAN GIVE A CHILD BECAUSE THERE IS NOTHING MORE EMPOWERING THAN THE POSITIVE BELIEF IN ONE'S SELF.

AS A CHILD YOU LOVED TO HEAR THESE WORDS. AS AN ADULT YOU WILL LOVE TO SAY THEM.

WHAT BETTER WAY FOR A CHILD TO START OUT IN LIFE!

WORDS YOUR INFANT MUST HEAR

SELF-ESTEEM BEGINS IN THE CRADLE. PSYCHOLOGISTS AGREE EVEN FOR THE YOUNGEST CHILD LANGUAGE WIELDS TREMENDOUS POWER.

INFANTS WILL ASSOCIATE THE WORDS YOU USE WHEN ADDRESSING THEIR PRIMARY NEEDS WITH SAFETY, COMFORT AND LOVE LONG AFTER THEY ARE PHYSICALLY DEPEDENT.

CARING WORDS COMBINED WITH BODY LANGUAGE AND ACTIONS TO MATCH CAN NOURISH EVEN THE YOUNGEST HUMAN HEART.

WORDS CAN HELP A NEWBORN ESTABLISH A POSITIVE SENSE OF SELF; AN IMPRESSION THAT CAN LAST A LIFETIME.

CHILDREN NOT ONLY HEAR THE WORDS YOU USE THEY FEEL THEM.

WORDS YOUR INFANT MUST HEAR

"YOU DESERVED TO BE BORN"

"I LOVED BEING PREGNANT WITH YOU."

**"I'VE LOOKED FORWARD TO BECOMING YOUR
MOTHER/FATHER."**

**"THE WORLD IS A BETTER PLACE BECAUSE
YOU ARE HERE."**

***“I’VE BEEN MAKING SPECIAL PREPARATIONS
FOR YOUR ARRIVAL.”***

***“YOU WERE VERY BRAVE AND WORKED VERY
HARD TO GET HERE.”***

***“I’M SO EXCITED THAT YOU HAVE BECOME PART
OF MY LIFE.”***

“YOU ARE A SYMBOL OF ALL HOPE.”

***“YOUR BIRTH GIVES THE WORLD A CHANCE FOR
A NEW BEGINNING.”***

“I’M PLEASED YOU WERE BORN A GIRL/BOY.”

***“I WOULD LOVE YOU REGARDLESS OF YOUR
GENDER.”***

***“THERE IS NO ONE ELSE LIKE YOU IN THE
WHOLE WORLD.”***

“YOU ARE SAFE HERE.”

“I WANT YOU TO LIVE.”

“I ENJOY SPENDING TIME WITH YOU.”

**"YOUR PRESENCE MAKES MY UNIVERSE
COMPLETE."**

"I'M SO GLAD YOU ARE MY CHILD."

"I NEED YOU AS MUCH AS YOU NEED ME."

"YOU BELONG."

"THIS IS YOUR HOME."

"I WILL ALWAYS LOVE YOU."

"YOU ARE IMPORTANT."

"YOU ARE A LOVABLE PERSON."

"YOU ARE ALWAYS GOOD ENOUGH."

"I WILL NEVER LEAVE YOU BEHIND."

**"YOU'VE MADE A WONDERFUL AND SIGNIFICANT
DIFFERENCE IN MY LIFE."**

"YOU CAN MAKE AN IMPORTANT DIFFERENCE IN

THE WORLD."

"I ENJOY WATCHING YOU GROW."

"TAKE AS MUCH TIME AS YOU NEED."

"I'LL BE PATIENT WITH YOU."

"YOU ARE STRONG AND HEALTHY."

"I ENJOY FEEDING YOU."

“I ENJOY KISSING YOU.”

“YOU’RE A GREAT BABY!”

“YOU CAN CRAWL WHEN YOU ARE READY.”

“YOU CAN WALK WHEN YOU ARE READY.”

“YOU CAN TALK WHEN YOU ARE READY.”

“IT’S SAFE TO EXPLORE.”

***“THERE’S NO LIMIT TO WHAT YOU CAN
ACHIEVE.”***

“YOU ARE DESTINED FOR GREATNESS.”

***“IT’S POSSIBLE TO BECOME WHATEVER YOU
CHOOSE.”***

“I’M HERE TO SUPPORT YOU.”

“YOU WILL ALWAYS BE MY DAUGHTER/SON.”

**"I WOULDN'T GIVE YOU UP FOR ALL THE TEA IN
CHINA."**

"I WON'T IGNORE YOU."

**"YOU DESERVE PLENTY OF RECOGNITION AND
ATTENTION."**

"I WILL HOLD YOU WHEN YOU WANT ME TO."

**"YOU DESERVE TO BE TREATED GENTLY AND
WITH KINDNESS."**

“I WANT YOU TO FEEL GOOD ABOUT YOURSELF.”

“I’M COMMITTED TO YOU.”

“YOU ARE LOVABLE AND HUGGABLE.”

“YOU ARE NATURALLY LIKEABLE.”

“YOU ARE SMART.”

“YOU MEAN EVERYTHING TO ME.”

"YOU ARE THE SWEETNESS IN MY LIFE."

"I WON'T USE YOU TO FILL VOIDS IN MY LIFE."

"YOU MAKE MY LIFE BETTER."

"YOU ARE A MIRACLE."

"YOU ARE SO SPECIAL."

"YOU HAVE MY APPROVAL."

"YOU ARE A WONDERFUL PERSON."

"I WANT YOU TO BE HAPPY."

"I'M SO GLAD YOU ARE ALIVE."

"EVERYTHING IS GOING TO BE ALRIGHT."

"I AM TAKING VERY GOOD CARE OF YOU."

"I ENJOY ROCKING YOU AND CUDDLING YOU."

***"I HAVE PLENTY OF TIME AND ENERGY TO
NURTURE YOU."***

***"IT'S MY DELIGHT TO COMFORT AND REASSURE
YOU."***

"I WON'T EVER LEAVE YOU FOR LONG."

"YOU MATTER."

"I WON'T MAKE PROMISES I CAN'T KEEP."

"I'M ALWAYS AVAILABLE TO YOU."

***"ITS NOT YOUR JOB TO MAKE OTHER PEOPLE
HAPPY."***

"IT'S YOUR JOB TO PLAY."

"YOU ARE FINE EXACTLY AS YOU ARE."

"I'M GLAD YOU'RE A BABY."

"YOU ARE PRECIOUS."

**"YOU CAN COUNT ON ME TO MAKE SURE YOUR
EMOTIONAL AND PHYSICAL NEEDS ARE MET."**

**"I'LL TAKE CARE OF MY NEEDS SO I CAN TAKE
CARE OF YOUR'S."**

**"I WILL LOVE MYSELF SO THAT I CAN LOVE
YOU."**

"I WANTED YOU TO BE BORN."

“YOU ARE A PRICELESS GIFT.”

“I’M LUCKY TO SHARE THIS LIFE WITH YOU.”

“YOU ARE CAPABLE OF LOVING OTHERS.”

“YOU CONTRIBUTE SO MUCH TO OUR FAMILY.”

“YOUR FAMILY NEEDS YOU.”

***“YOUR HOME IS A SAFE PLACE FILLED WITH
LOVE AND KINDNESS.”***

“I WILL MAKE THE WORLD SAFE FOR YOU.”

“I’LL PROTECT YOU FROM DANGER.”

“YOU DON’T HAVE TO BE QUIET TO BE GOOD.”

***“I’M NOT PERFECT. YOU DON’T HAVE TO BE
EITHER.”***

***“YOU ARE POWERFUL AND FILLED WITH
POTENTIAL.”***

“YOU ARE YOUR OWN PERSON.”

***“YOU WERE BORN CREATIVE AND
IMAGINATIVE.”***

“YOU RADIATE ENERGY AND LIGHT.”

“YOU ARE A VITAL PART OF THE WORLD.”

“YOU ARE WORTHY OF PRAISE.”

“YOU ARE WORTHY OF BEING LOVED.”

***“I HAVE AN UNLIMITED SUPPLY OF LOVE TO
GIVE YOU.”***

“YOU BRING MY LIFE SO MUCH JOY.”

“YOU ARE A GREAT COMPANION.”

“YOU HAVE SO MUCH TO OFFER OTHERS.”

“THE WORLD IS ON YOUR SIDE.”

“THERE ARE MANY PEOPLE YOU CAN TRUST.”

“IT’S IMPORTANT TO LET OTHERS LOVE YOU.”

***“YOU DESERVE TO BE LOVED WITHOUT
RESERVATION.”***

“I APPRECIATE YOU FOR JUST BEING YOU.”

***“NO ONE IS OF GREATER CONCERN TO ME THAN
YOU.”***

**"I ENJOY BATHING YOU, BRUSHING YOUR HAIR
AND TAKING YOU FOR A STROLL IN THE
SUNSHINE."**

"YOU ARE WORTH STICKING UP FOR."

**"YOU ARE WORTHY OF ALL THE TREASURES
LIFE HAS TO OFFER."**

"YOU ARE VALUABLE."

"YOU ARE A BLESSING."

"YOUR DREAMS CAN COME TRUE."

"THE WORLD CAN A MARVELOUS PLACE."

**"YOU HAVE ALL THE RESOURCES YOU NEED TO
HAVE A WONDERFUL LIFE."**

"YOU ARE NEEDED, WANTED AND LOVED."

"GOD DANCED ON THE DAY YOU WERE BORN."

WORDS YOUR TODDLER MUST HEAR

IN ADDITION TO THE PHRASES ALREADY LISTED TODDLERS NEED TO HEAR WORDS LIKE "I THINK I CAN, I THINK I CAN." THE "LITTLE ENGINE THAT COULD" IS MORE THAN A POPULAR CHILDREN'S BOOK; FOR MANY OF US IT CONTAINS THE FIRST AFFIRMATIONS WE EVER HEARD.

SUCH EXPRESSIONS HELP CHILDREN REALIZE THEY CAN SUCCEED, THAT THEY'LL BE PROTECTED FROM STRANGERS AND STRANGE OBJECTS, SECURE FROM DAY TO NIGHT. TODDLERS WHO LEARN THEY'LL BE LOVED REGARDLESS OF THEIR FEARS, FEELINGS OR MOODS "CAN" ULTIMATELY ACHIEVE JUST ABOUT ANYTHING.

WORDS YOUR TODDLER MUST HEAR

**"YOU ARE WORTHY OF MY LOVE JUST BECAUSE
YOU EXIST."**

"I'M GLAD YOU ARE YOU."

"YOU'RE LOVED JUST AS YOU ARE."

"YOUR HAPPINESS IS MY TOP PRIORITY."

"YOUR INTERESTS MATTER TO ME."

"I ENJOY LAUGHING WITH YOU."

"I LOVE LOVING YOU."

"I THINK ABOUT YOU ALL THE TIME."

"NONE OF YOUR FEARS ARE SILLY."

**"IT'S SAFE TO TELL ME WHAT'S BOTHERING
YOU."**

"I'LL HELP YOU SOLVE YOUR PROBLEMS."

**"I CARE ABOUT WHAT YOU THINK AND HOW
YOU FEEL."**

**"YOU ARE ALWAYS ENTITLED TO YOUR OWN
FEELINGS."**

"ITS OKAY TO BE AFRAID AND VULNERABLE."

"ITS OKAY TO CRY."

"YOU ARE FREE TO EXPERIENCE SADNESS."

"IT'S OKAY TO BE ANGRY AND SAY 'NO.'"

"I'LL NEVER SCOLD YOU FOR YOUR FEELINGS."

"I LOVE YOU NO MATTER HOW YOU FEEL."

"EVERYONE FEELS THIS WAY SOMETIMES."

"ALL OF YOUR EMOTIONS ARE VALID; ACCEPT THEM."

"LET'S TALK ABOUT THINGS THAT BOTHER YOU."

"IT'S HEALTHY TO TELL OTHERS HOW YOU FEEL."

"IT'S OKAY TO HAVE FEELINGS THAT ARE DIFFERENT FROM MINE."

"YOU ARE A SEPARATE PERSON AND THAT'S GREAT."

"I WILL NOURISH YOUR DIFFERENCES."

***"I CHERISH YOU FOR THE QUALITIES THAT MAKE
YOU UNIQUE."***

"IT'S OKAY TO THINK FOR YOURSELF."

"YOU HAVE OPTIONS AND CHOICES."

***"I KNOW YOU ARE AN INDIVIDUAL WITH YOUR
OWN TIMING FOR GROWTH AND DEVELOPMENT."***

"YOU DON'T HAVE TO HURRY."

"THIS IS YOUR TIME TO BE A CHILD."

"I'M GLAD YOU ARE PLAYFUL."

"ITS GREAT TO PRETEND AND PLAY GAMES."

**"HAVING FUN AT PLAY TEACHES YOU HOW TO
LIVE IN THE WORLD."**

**"YOU HELP ME TO BE THE FREE SPIRITED
CHILD I WAS ONCE."**

"GO AHEAD DAY DREAM."

**"I WOULD NEVER DO ANYTHING TO CRUSH YOUR
SPONTANEAITY."**

"YOU DO SO MANY THINGS JUST RIGHT."

"YOU HAVE MANY GOOD QUALITIES."

"I LEARN SO MUCH FROM YOU."

"I ENJOY TALKING WITH YOU."

***"I'LL HELP YOU SET BOUNDRIES AND FIND
BALANCE IN YOUR LIFE."***

"MISTAKES ARE GOOD THEY HELP YOU LEARN."

"IT IS OKAY TO FAIL."

**"I WON'T EMBARRASS YOU IN FRONT OF
OTHERS."**

"I WON'T MAKE YOU JEALOUS."

**"I WILL LISTEN WITHOUT CRITICIZING OR
JUDGING YOU."**

**"IT'S OKAY TO SQUIRM, TALK FUNNY AND BE
NOISY."**

**"IT'S GREAT TO EXPRESS YOURSELF FREELY
AND LOUDLY."**

"I WANT YOU TO BE HEARD AS WELL AS SEEN."

"IT'S OKAY TO BE MESSY SOMETIMES."

***"YOU ARE MORE IMPORTANT THAN A 'CLEAN
HOUSE."***

"IT'S OKAY TO BE FEMININE."

"IT'S OKAY TO BE MASCULINE."

"I LOVE YOU EXACTLY AS YOU ARE TODAY."

"I SEE YOU."

"YOUR BODY IS BEAUTIFUL."

**"YOU DON'T HAVE TO LIVE UP TO ANYONE'S
IDEA OF A "MODEL" CHILD."**

"YOU DON'T HAVE TO ACT CUTE TO BE LOVED."

"IT'S OKAY TO BE CRANKY AND TIRED."

***“YOU DON’T HAVE TO ENTERTAIN ME TO GET
MY ATTENTION.”***

“YOU DON’T HAVE TO EARN MY LOVE.”

“YOU ARE SAFE, EVEN WHEN ITS DARK.”

“I WON’T HURT YOU OR ABUSE YOU.”

***“IF YOU DO SOMETHING WRONG I MIGHT GET
ANGRY; BUT I WON’T LOVE YOU ANY LESS.”***

**"YOU ALWAYS ARE LOVABLE EVEN WHEN
YOUR BEHAVIOR IS NOT ACCEPTABLE."**

**"I'LL TRY TO SET CLEAR AND CONSISTENT
STANDARDS FOR YOUR BEHAVIOR."**

**"I KNOW SOMETIMES YOU BEHAVE THE WAY
YOU DO NOT TO DEFY ME BUT TO MEET YOUR
OWN NEEDS."**

**"WHILE I MAY PUT LIMITS ON YOUR ACTIONS; I
WON'T PUT LIMITS ON YOUR FEELINGS."**

"PAY ATTENTION TO YOUR FEELINGS."

"ALL OF YOUR FEELINGS ARE APPROPRIATE."

**"I'LL TRY TO BE HONEST WITH YOU ABOUT MY
FEELINGS AND TAKE RESPONSIBILITY FOR
THEM."**

"I WON'T TAKE MY BAD MOODS OUT ON YOU."

**"YOU DON'T HAVE TO DENY YOUR NEEDS TO
PLEASE ME."**

"YOU DESERVE TO FEEL PROUD OF YOURSELF."

"YOU DESERVE TO BE TREATED WITH RESPECT."

**"YOU ARE ENTITLED TO HAVE JOY IN YOUR
LIFE."**

**"IT'S A PLEASURE TO HOLD YOU, TO FEED YOU,
TO CARE FOR YOU AND TO PLAY WITH YOU."**

**"YOU BRING SO MUCH TO EVERY
RELATIONSHIP."**

"I ADMIRE YOU."

"I TRUST YOU."

"I RESPECT YOU."

"I BELIEVE IN YOU."

"I TAKE YOU SERIOUSLY."

"I HAVE FAITH IN YOUR ABILITIES."

"I APPROVE OF THE WAY YOU ARE."

"I LOVE ALL OF YOU."

**"PEOPLE WILL HELP YOU; ALL YOU HAVE TO
DO IS ASK."**

"NEEDING OTHERS IS A SIGN OF STRENGTH."

**"IT'S IMPORTANT TO ASK FOR WHAT YOU
WANT."**

"SPEAK UP FOR YOURSELF."

"I'M GLAD YOU'RE GROWING AND LEARNING."

"I'M GLAD YOU ARE SO CURIOUS."

"IT'S GOOD TO TASTE AND TOUCH THINGS."

**"YOU CAN DECIDE SOME THINGS FOR
YOURSELF."**

"YOU CAN CHOSE YOUR OWN FRIENDS."

***“I’LL LET YOU SELECT THE ACTIVITIES YOU
ENJOY.”***

“CHOOSE WHAT YOU’D LIKE TO WEAR.”

***“YOU CAN CHOOSE TO FEEL GOOD ABOUT
YOURSELF.”***

***“YOU CAN CHOOSE THE KIND OF LIFE YOU WANT
TO HAVE.”***

“YOU CAN TRUST YOUR INTUITION.”

"I'LL HELP YOU WHENEVER YOU NEED ME TO."

"YOU CAN COUNT ON ME."

"I'LL GIVE YOU ROOM TO BE INDEPENDENT."

"I WILL NEVER ABANDON YOU."

***"WHAT CAN I DO TO HELP YOU FEEL SAFE
WITH ME?"***

"I VALUE YOUR INPUT."

“I’M HERE TO ENCOURAGE YOU.”

“YOU CAN DO IT.”

“YOU DID IT!”

“BRAVO!”

***“YOU ARE NOT RESPONSIBLE FOR OTHER
PEOPLE’S PROBLEMS.”***

**"YOU ARE NOT THE CAUSE OF ANY TROUBLE IN
OUR RELATIONSHIP."**

"YOU ARE A GOOD PERSON."

"HOW ABOUT A HUG?"

"A KISS BEFORE YOU GO?"

"I LOVE YOU MORE EVERY DAY."

“I KNOW YOU LOVE ME TOO.”

***“IF SOMEONE LOOKED INSIDE MY HEART THEY’D
SEE YOUR FACE.”***

WORDS YOUR SCHOOL AGE CHILD MUST HEAR

IN ADDITION TO THE WORDS LISTED IN THE LAST TWO SECTIONS SCHOOL AGE CHILDREN NEED SPECIAL ENCOURAGEMENT; AFTERALL THIS IS A TIME OF LIONS, TIGERS AND BEARS OH MY!

COMFORTING WORDS YOU USE CAN HELP YOUR CHILD CONFRONT AND OVERCOME FEARS OF THUNDER AND LIGHTNING, WITCHES AND WARLOCKS AND MORE.

SOOTHING WORDS CAN HELP THEM DEAL WITH FEARS OF SLEEPING ALONE AND GETTING HURT, AND WITH ANXIETY ABOUT THEIR PHYSICAL APPEARANCE AND SUCCESSFUL ADJUSTMENT AT SCHOOL.

WORDS THAT COMMUNICATE EMPATHY AND SUPPORT CAN TEACH CHILDREN INVALUABLE LESSONS ABOUT THEIR OWN STRENGTHS AND ABOUT A PARENTS UNWAVERING LOVE.

WORDS YOUR SCHOOL AGE CHILD MUST HEAR

“I’M PROUD TO BE YOUR MOTHER/FATHER.”

***“YOU DON’T HAVE TO CONSTANTLY PROVE
YOURSELF TO BE LOVED.”***

“I TAKE GREAT PLEASURE IN YOU.”

“YOU’RE THE BEST.”

"SHOW THE WORLD WHO YOU REALLY ARE."

"I WANT YOU TO LOVE YOURSELF."

***"I'LL HELP YOU MAKE CHOICES ABOUT YOUR
FUTURE."***

***"I WILL SUPPORT WHAT YOU CHOSE TO DO
WITH YOUR LIFE."***

"YOUR CURIOSITY IS TERRIFIC."

"ITS GREAT TO SING, DANCE AND ACT SILLY."

***"IT'S OKAY TO BANG POTS AND PANS
SOMETIMES."***

***"IT'S HEALTHY TO WONDER AND ASK
QUESTIONS."***

***"I MAY NOT LIKE THE WAY YOU BEHAVE
SOMETIMES BUT I ALWAYS LOVE YOU."***

"YOU ARE NEVER A "BAD" PERSON."

"YOU ARE THE MUSIC IN MY LIFE"

"I'LL MAKE TIME TO REALLY LISTEN TO YOU."

**"I'LL ALWAYS LET YOU KNOW WHERE I AM
GOING AND WHEN I WILL RETURN."**

**"I'LL TELL YOU WHAT YOU CAN EXPECT TO
HAPPEN."**

"I'LL NEVER DESERT YOU."

**"YOU DO NOT NEED TO TAKE CARE OF ME, I
WILL TAKE CARE OF YOU, BECAUSE I AM THE
PARENT AND YOU ARE THE CHILD."**

**"TELL ME ABOUT YOUR GOALS, YOUR HOPES,
YOUR DREAMS."**

"TELL ME WHAT SCARES YOU."

"TELL ME WHAT MAKES YOU SAD."

**"I UNDERSTAND AND ACCEPT WHAT YOU'RE
FEELING."**

**"IT'S SAFE TO EXPRESS YOUR FEELINGS AND
OPINIONS."**

"I'M LISTENING."

"I'M WATCHING."

"YOU MAKE ME SO HAPPY."

"I APPRECIATE YOUR HELP."

"I COULDN'T HAVE DONE IT BETTER MYSELF."

"ALL IS WELL AT HOME."

"IT'S OKAY TO HAVE YOUR FRIENDS OVER."

"IT'S OKAY TO WANT WHAT YOU WANT."

***"I'LL PAY ATTENTION TO YOUR VERBAL AND
NONVERBAL MESSAGES."***

***"IT'S OKAY TO BE SELF ABSORBED SOMETIMES.
I KNOW ITS PART OF YOUR DEVELOPMENT."***

"I'LL TRY NOT TO LOOSE MY TEMPER."

***"I WON'T BLAME YOU FOR ANY OF THE
DECISIONS I MAKE."***

"I WON'T ALWAYS GIVE IN TO YOU."

***"WHEN YOU DO SOMETHING WRONG I'LL TRY TO
UNDERSTAND."***

***"I WON'T SAY OR DO THINGS THAT MIGHT MAKE
YOU FEEL ASHAMED OR HUMILIATED."***

"I'LL LAUGH WITH YOU, NEVER AT YOU."

"YOU HAVE CONTROL OVER YOUR ACTIONS."

"IF YOU DIDN'T DO IT, ITS NOT YOUR FAULT."

***"CHILDREN DON'T CAUSE DIVORCES PARENTS
DO."***

"YOU ARE ENTITLED TO YOUR OWN IDEAS."

"THERE IS MORE THAN ONE RIGHT ANSWER."

**"YOU DON'T HAVE TO GET A PERFECT REPORT
CARD."**

**"YOU DON'T HAVE TO DO EQUALLY WELL IN ALL
SUBJECTS."**

"IT'S ALRIGHT TO LEARN IN YOUR OWN WAY."

"EVERYONE MAKES MISTAKES."

"YOU'LL DO BETTER NEXT TIME."

"YOU WILL IMPROVE WITH PRACTICE."

"I APPRECIATE YOUR EFFORT."

***"YOU DID YOUR BEST AND THAT'S GOOD
ENOUGH."***

***"I WANT YOU TO LEARN IN A NURTURING LOW
PRESSURE ENVIRONMENT."***

"I KNOW YOU'RE WORKING REALLY HARD."

"YOU'RE HEADING IN THE RIGHT DIRECTION."

"YOU ARE CAPABLE AND STRONG."

"YOU ARE A WINNER."

"YOU ARE ALREADY A SUCCESS!"

***"I'LL TRY NOT TO SET UP UNREALISTIC
EXPECTATIONS OF YOU."***

***“WHILE YOU MAY DO SOME THINGS THAT
DISAPPOINT ME, YOU AS A PERSON ARE NEVER
A DISAPPOINTMENT.”***

“YOU WON’T LOOSE MY LOVE.”

***“YOU DON’T HAVE TO EAT EVERYTHING ON YOUR
PLATE.”***

“YOU DON’T HAVE TO ALWAYS ACT YOUR AGE.”

***“I UNDERSTAND YOU’RE DEVELOPING AT YOUR
OWN SPEED.”***

**"YOU ARE RESPONSIBLE FOR MAKING SOME
DECISIONS."**

**"YOU GET TO DECIDE WHICH TOYS YOU WANT
TO SHARE AND WHEN AND WITH WHOM."**

"YOU MAKE GOOD CHOICES."

"IT'S OKAY TO BE ASSERTIVE."

"YOU CAN STAND UP FOR YOURSELF."

**"I REALIZE THAT SOMETIMES WHEN YOU
DISOBEY ME YOU ARE JUST TESTING YOUR
SEPARATENESS; PROVING YOUR REALNESS."**

**"I'LL TRY TO SEE THE WORLD FROM YOUR
PERSPECTIVE."**

**"I WON'T EMBARASS YOU BY CORRECTING YOU
IN FRONT OF OTHERS."**

"I CHERISH YOU."

"YOU'RE DOING A GREAT JOB!"

"I'M PROUD OF THE WAY YOU BEHAVED TODAY."

**"YOU HAVE SO MANY STRENGTHS. LET'S LIST
THEM."**

"EXCELLENT!"

"YOU ARE LEARNING SO FAST!"

"RECOGNIZE YOUR OWN MAGNIFICANCE."

**"I VALUE YOU APART FROM YOUR
ACHIEVEMENTS."**

"I LOVE YOUR FRECKLES."

"I LOVE YOUR CURLY HAIR."

"I LOVE YOUR SOFT SKIN."

"I LOVE YOUR SMILE."

"I LOVE YOU NO MATTER HOW YOU LOOK."

"THE REAL GIFT IS WHO YOU ARE INSIDE."

"I LOVE HOW CLEVER YOU ARE."

"I ACCEPT YOU AS YOU ARE."

***"YOU ARE AN ESSENTIAL PART OF OUR FAMILY.
WE ALL NEED EACH OTHER."***

"I'M GLAD YOU BELONG TO US."

"YOU ARE FUN TO BE WITH."

***"I ENJOY SPENDING TIME WITH YOU AND
PLAYING WITH YOU."***

"I ENJOY READING TO YOU."

"I HAVE A TERRIFIC TIME TEACHING YOU."

***"I WON'T DEMAND MORE THAN YOU ARE
CAPABLE OF GIVING."***

**"WHENEVER YOU ACT ON YOUR OWN BEHALF I
WILL SUPPORT YOU."**

"ITS OKAY TO BE AFRAID OF GOING TO SCHOOL."

"THE ADULTS WILL LOOK AFTER YOU."

**"SCHOOL IS A GREAT PLACE TO LEARN AND
MAKE FRIENDS."**

"I'LL STAND IN HARMS WAY."

"I'LL PROTECT YOU FROM ADVERSITY."

"ITS OKAY TO BE DEPENDENT."

"I ENCOURAGE YOU TO BE INDEPENDENT."

"ITS OKAY TO HAVE SECRETS."

"I RESPECT YOUR PRIVACY."

***"I'LL LET YOU DO IT YOURSELF IF YOU WANT
TO."***

"IT'S GOOD TO TAKE RISKS AND TRY NEW THINGS."

"I LOVE YOU WHEN YOU ARE QUIET AND WHEN YOU ARE WILD."

"NO ONE HAS THE RIGHT TO HURT YOU."

"YOU CAN EXPECT YOUR PARENTS TO CARE FOR YOU AND PROTECT YOU."

"THERE IS NO ONE I LOVE MORE THAN YOU."

**"THERE'S ENOUGH LOVE IN THIS FAMILY FOR
EVERYONE."**

"IT'S GREAT TO CARE ABOUT OTHERS."

**"WHEN YOU GROW UP YOU CAN HAVE YOUR
OWN CAREER AND HAVE A FAMILY."**

"YOUR HOME CAN BE A SWEET, SAFE PLACE"

"YOU CAN BE IN LOVE FOREVER."

**"YOU CAN HAVE THE JOB YOU'VE ALWAYS
DREAMED OF."**

**"IT'S POSSIBLE TO HAVE CLOSE CARING
FRIENDS."**

**"IT'S POSSIBLE TO HAVE A WONDERFUL
MARRIAGE."**

"IT'S POSSIBLE TO HAVE INNER PEACE."

**"IT'S POSSIBLE TO BE HAPPY AND TO HAVE A
WONDERFUL LIFE."**

**IT IS NOT NECESSARY TO USE EVERY PHRASE OR
TO COMMUNICATE THESE WORDS WITH ANY
PARTICULAR FREQUENCY.**

**THE OBJECTIVE IS TO HELP CHILDREN FOSTER
GOOD FEELINGS ABOUT THEMSELVES AND THE WORLD.**

**YOU CAN EVEN COME UP WITH YOUR OWN
"WORDS YOUR CHILD MUST HEAR." THAT'S WHAT
THIS SPACE IS FOR:**

**SHARE YOUR WORDS
WITH THE AUTHOR:
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**I'D LIKE TO THANK MY PUBLISHER FOR
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THIS BOOK TO THE GEORGIA COUNCIL ON CHILD
ABUSE.**

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(3) DR. TERRY BRAZELTON

(4) DR. JOYCE BROTHERS

**(5) LAWRENCE KUTNER / PARENT CHILD COLUMN
NEW YORK TIMES**

(6) WILLARD SCOTT

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