

# Twenty-Five Compliments

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**Did you know** that noted psychologist John Gottman determined it takes *five* **positive comments** to “cancel” out *one* **negative comment**?

Chances are that **none of us receive enough positive comments** in a day to do that work. This certainly give us something to think about as parents.

How many times a day do our children hear (*from us or their siblings or other kids*) negative comments? I imagine it is way more than we realize. They hear things such as:

NO!

What’s wrong with you?

You’re bothering me.

Will you stop that? Can’t you hear?

Why can’t you be more like your brother/sister?

Be quiet!

You’re dumb.

You didn’t do it right.

You’re taking **WAY** too long.

Can’t you do anything right?

You’re ugly.

I don't need to go on; we all get the picture. So according to Gottman, our children should hear five positive comments for each of those negative comments. But, do they? I doubt it.

We may never be able to provide that kind of positive reinforcement in the normal course of our days. However, with focused awareness, our words can go a long way toward combatting those negative comments.

Below are some easy but meaningful compliments we can give our children. The more we work at this, the more natural it will become. Of course, we don't want to say things that aren't true; children can see through that in a New York minute! But most of the time, we can sincerely share many the following phrases.



This effort may reveal just how negative we have been. Instead of getting down on ourselves (*after all, we don't want to give all that negative feedback to ourselves, either*), we can simply work to improve. Here are some compliments to get you started:

***Best Wishes! And happy complimenting!***

I'm glad to see you this morning.

Thank you for helping me.

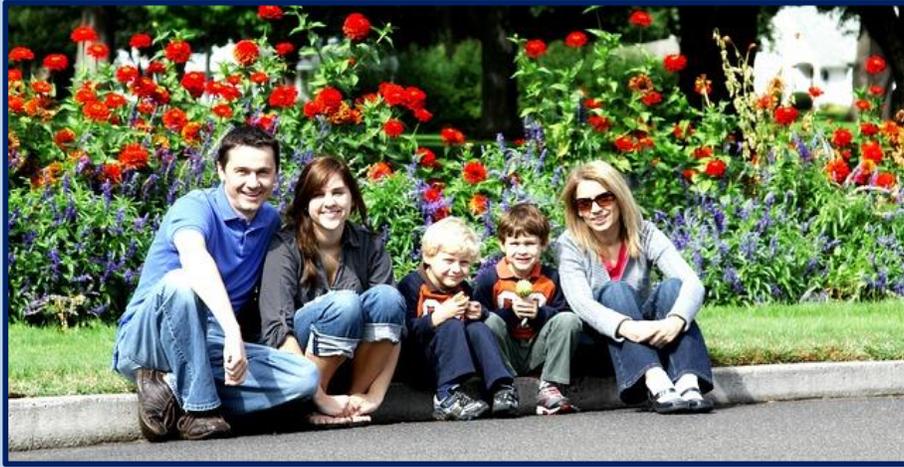
I noticed how you shared with your brother/sister.

What a great brother/sister you are!

I look forward to your smiling face every day.

I admire the way you \_\_\_\_\_.

You make me smile.  
I'm so glad you're part of our family.



You brighten my life.  
Thank you for being you.  
You are so positive.  
You are very happy. I love it!  
I believe in you.  
You're the best!  
You are so helpful.  
You learn quickly.  
You're bright!  
You make me proud.  
Boy, I was sure lucky when I got you!



You're interesting.

I love your curiosity.

You're unique and special.

There's no one just like you!

You are so important to our family.

I love you.

These simple phrases take a second or two to say, but they will remain in our children's hearts and minds for a very long time. It's well worth the effort.

May all of us work together to raise strong, confident, children who know **their value** and the **value of all those around them**.



As always, I wish you many wonderful cozy days  
with your young ones,  
full of love, laughter, and good books.



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