

*THE POWER OF
WORDS:
TRANSFORMING
THE WAY WE
TALK TO OUR
CHILDREN*

Guide

**How Words Shape a Child's Confidence,
Emotions, and Growth
MG Global Coaching Academy**



The Power of Words: Transforming the Way We Talk to Our Children

Why Words Matter

The way we speak to children shapes how they see themselves, how they handle emotions, and how they develop confidence. Words can empower or discourage, uplift or create doubt. By choosing words with awareness, parents can nurture emotional resilience and self-worth.

How to Speak So Your Child Feels Heard

****Use Validation Before Correction****

Start by acknowledging feelings:

- "I see you're upset. That must feel really frustrating."
- "I understand this is hard for you."

Give Clear, Positive Instructions Instead of "Stop running!", try:

- "Let's walk slowly so we stay safe."

Pause Before Reacting

Take a breath before responding to emotional moments.

***Empowering Language vs. Discouraging Language**

Swap negative phrases for positive alternatives:

- "Why are you always making a mess?" "I see your having fun. Lets clean up together!"
- "Stop crying!" "Its okay to feel sad. I'm here for you."
- "Your not listening!" "Can you repeat back what I just said?"

Phrases That Build Confidence & Emotional Strength

Words to Encourage Growth & Resilience:

"Mistakes help you learn and grow!"

"You dont have to be perfect to be loved."

"You are capable, and I believe in you."

"Your feelings matter. I am listening."

"You are enough, just as you are."

Final Words of Encouragement Words become a childs inner voice. The more we speak with love, patience, and empowerment, the more we help them grow into confident, emotionally strong individuals. If you need further guidance, MG Global Coaching Academy is here to support you