



## **Parenting Phrases to Soothe and Support**

- You're great.
- I'm so glad you are here.
- Welcome to my life.
- I am glad that you are my child.
- You can handle it. You are resilient.
- Go for it.
- Your eyes shine today. You must be happy.
- Your eyes and mouth are smiling.
- We are having a good time, aren't we?
- Go ahead and ask questions. Your mind wants an answer.
- Speak up. Your opinion is important here.
- You matter. You make a difference.