

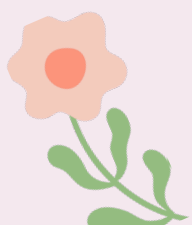


Words That Build Up, Not Break Down

POSITIVE COMMUNICATION FOR CONFIDENT KIDS

Every word we use shapes how
our children see themselves.

This guide offers swaps,
prompts, and humour ideas to
help your child feel valued,
respected, and connected.



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The Difference Between Humour and Harm

Humour is an important part of family life, but not all jokes are harmless. This page helps you and your child identify the difference between playful, healthy humour and comments that might cause hurt. Use this as a discussion starter so your child can learn to trust their feelings and set boundaries.

Healthy Humour: inclusive, shared laughter, no shame. ✓	Hurtful Humour: one-sided, targets appearance/abilities, ignores boundaries. ✗
Example: "Silly made-up song"	"Mocking how they talk"

Positive Language Swaps

Children remember the words we use, especially the repeated ones. Swapping put-downs for build-ups changes the story they tell themselves about who they are. Try these swaps for a week and notice the difference in your child's confidence.

"You gave that a great try" →
replaces "You always mess that
up."

"You're creative" → replaces
"You're so weird."

"That was brave of you" →
replaces "Finally, you did it."

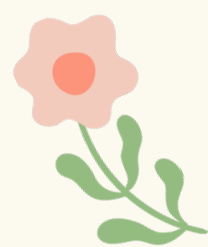
Activity Tip:

Keep a sticky note list of
your favourite positive
phrases on the fridge or in
your phone to remind you
throughout the day.

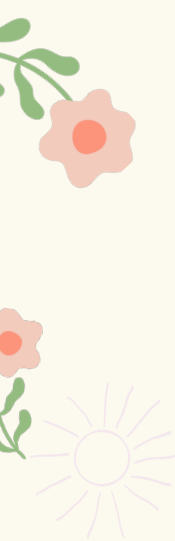


Repairing After a Joke Hurts

Even with the best intentions, sometimes humour can miss the mark. How you respond in that moment teaches your child whether it's safe to be vulnerable with you. This simple 4-step process helps repair trust and restore connection.



Steps:

1. Acknowledge: "That didn't come out how I meant it."
 2. Validate: "I understand why that upset you."
 3. Apologise: "I'm sorry for hurting your feelings."
 4. Adjust: "I'll avoid that kind of joke in future."
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Positive, Connection-Building Humour Ideas

Humour that lifts your child up strengthens your bond and builds their social confidence. These ideas focus on creativity, silliness, and shared laughter, without making anyone the punchline.

Prompts:

- Invent a silly family dance and name it.
 - Make up a word and see how often you can use it in a day.
 - Play "Guess the made-up fact" — mix real trivia with your own invented ones.
 - Create a shared funny face challenge and take turns.
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