

TEACH YOUR CHILD TO SPEAK UP FOR THEMSELVES

WHEN CHILDREN CAN'T ADVOCATE FOR THEMSELVES, THEY MAY BE PUSHED TO DO THINGS THAT DON'T FEEL RIGHT TO THEM. TEACH YOUR CHILD TO SPEAK UP FOR THEMSELVES AND ASK FOR WHAT THEY NEED.



INVOLVE THEM INSTEAD OF TAKING OVER:

INSTEAD OF...

TRY...

"Don't worry, I'll talk to them for you." → "What do you think we should say to them? How can we convince them to stop doing that?"

HELP THEM FIND THE VALUE IN SPEAKING UP:

INSTEAD OF...

TRY...

"I know that you aren't comfortable saying something, don't worry about it." → "When you speak up, you demonstrate conviction and confidence."

TEACH ABOUT THEIR PERSONAL RIGHTS:

INSTEAD OF...

TRY...

"They shouldn't act that way towards you." → "No one has the right to treat you with disrespect. You have the right to respect and kindness."

SHOW THAT SPEAKING UP IS AN URGENT MATTER:

INSTEAD OF...

TRY...

"Let's address it next time it happens." → "Let's make time now to figure out how to stop that from happening again. Today we change it."

AVOID BEING AGGRESSIVE AND DISRESPECTFUL:

INSTEAD OF...

TRY...

"They can't get away with this!" → "Focus on facts, ignore the charged energy of the situation. We will find a solution more easily if we stay calm."

WHEN YOU TEACH SELF-ADVOCACY SKILLS (INSTEAD OF SWOOPING IN), YOUR CHILD...

- ◆ STOPS FEARING CONFLICTS → AND STARTS SEEING OPPORTUNITIES
- ◆ STOPS HAVING ANXIETY DUE TO IGNORED NEEDS → AND STARTS BELIEVING IN THEIR OWN SELF WORTH
- ◆ STOPS BEING FRUSTRATED FROM LACK OF VOICE → AND STARTS FEELING EMPOWERED AND CONFIDENT