

PARENT PSYCHOLOGY GUIDE

How Words Shape a Child's Future

Introduction

Parents are a child's first teachers. The home environment decides how a child thinks, feels, and reacts to challenges in life.

1. The Role of Words in Parenting

- Words become a child's inner voice.
 - Repeated criticism becomes self-doubt.
 - Repeated encouragement becomes confidence.
-

2. Words That Build a Strong Child

- "I am proud of your effort."
- "You are learning, it's okay to make mistakes."
- "I trust you."
- "Let's try together."

These words create emotional safety.

3. Words That Harm Confidence

- "You are always careless."
- "Why can't you be like others?"
- "You will never improve."
- "You are disappointing."

These words can make children emotionally withdrawn.

4. Parenting Truth

A child who feels understood will always try harder than a child who feels judged.