

## Methods of Encouraging Parents

Method of Encouragement	Example for Group Use
<b>Create an encouraging atmosphere.</b>	Be upbeat and positive. Smile!
<b>Build on strengths.</b>	Focus your feedback on what the parents do well, and build on this.  Minimize criticism.  Use phrases like: <i>"Nice job"; "I like that"; "Things are really improving."</i>
<b>Show confidence.</b>	<i>"It sometimes takes a while to see change in our families, but stick with these new skills and you will eventually get there."</i>  <i>"You're going to love this course!"</i>
<b>Value parents as they are.</b>	No matter how many mistakes the parents in your group have made, let them know that you value them as people and you appreciate their willingness to be there.  <i>"The fact that you are here in this group says a lot about how much you value your job as a parent and how much you want for your children."</i>
<b>Stimulate independence.</b>	Avoid taking over for your group and giving them the answers to every question. Your job is to encourage their independence so that they can parent well without you.  <i>"Who has an idea about what _____ can do to let her daughter know that she isn't trying to run her life?"</i>