Everyone, especially children and teenagers, benefits from self-confidence. Problems of the adult world touch youngsters daily. They face situations regularly with which they have no experience dealing. Self-doubt often creates major problems. Both children and adolescents need to overcome self-doubt and to build confidence in their own abilities, appearance and personalities. Praise, especially from those nearest and dearest to them, is one easy way to help reassure any youngster.

Add some of these to your daily conversations with the children near you.

- Wow.
- Way to go.
- Super.
- You’re special.
- Outstanding.
- Excellent.
- Great.
- Good.
- Neat.
- Well done.
- Remarkable.
- I knew you could do it.
- I’m proud of you.
- Fantastic.
- Super star.
- Nice work.
- Looking good.
- You’re on top of it.
- Beautiful.
- Now you’re flying.
- You’re catching on.
- Now you’ve got it.
- You’re incredible.
- Bravo.
- You’re fantastic.
- Hooray for you.
- You’re on target.
- You are on your way.
- How nice.
- How smart.
- Good job.
- That’s incredible.
- Hot dog.
- Dynamite.
- You’re beautiful.
- You’re unique.
- Nothing can stop you now.
- Good for you.
- I like you.
- You’re a winner.
- Remarkable job.
- Beautiful work.
- Spectacular.
- You’re spectacular.
- You’re darling.
- You’re precious.
- Great discovery.
- You’ve discovered the secret.
- You’ve figured it out.
- Fantastic job.
- Hip, hip, hooray.

(continued on back)
Terrific. You’re very important
Phenomenal. You’re sensational.
You’ve got a friend. You make me laugh.
You brighten my day. I respect you.
You mean the world to me. That’s correct.
Say I love you!

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