

# INSIGHTS

by Michael Grose – No. 1 parenting educator



## The power of a sincere compliment

*It's amazing the impact a sincere compliment can have on the confidence and self-esteem of a child or young person.*

I overheard a friend tell her eight-year-old daughter last week:

*"You did such a good job helping your brother yesterday. You are such lovely big sister!"*

My friend's face lit up with a smile as she said it. She gently put her hand on her daughter's shoulder at the same time.

The little girl beamed, then she went off to play.

It was a simple parenting moment among many that my friend would have initiated that day.

I couldn't help thinking that it doesn't take much to **grow kids' self esteem** and **create good feelings** at home.

A sincerely given compliment has an enormous impact on the person who receives it. We all grow a little taller, at least inside, when we are given a compliment.

We also feel **closer** to the person who complimented us.

Compliments satisfy the deep craving we all have to be appreciated.

There is one problem. **While compliments are easy to give, they are also easy not to give.**

*We forget.*

*We underestimate their impact.*

*We haven't developed the habit of giving compliments.*

### Amplify the impact

There were two things my friend did that amplified the impact of her compliment.

**1. She smiled as she gave the compliment.**

**2. She touched her daughter as well.**

Touch will always amplify a compliment. It makes it **personal**.

Her mother's smile told her daughter what her mum really felt. In fact, the touch and smile said it all. *The words reinforced the smile and touch.*

The compliment was given and received through three senses – visually, kinaesthetically and auditorily.

That's how kids receive all our messages – **they see, they feel, they hear** – though we often focus on the words and forget the visual and kinaesthetic.

Next time your child does something worthwhile take the time to give a compliment.

Smile (tell your face you are happy) and add a little touch to really let them know how you feel. Watch your child's reaction. It'll have a significant impact.

It doesn't take much.



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