

Behavior Bytes *from the Social Worker & Counselor*
Summer's Skill Focus: Communication

30 of the Best Things An Adult Ever Said to a Child

- "I love you."
- "I care about you."
- "How are you?"
- "You are a good person."
- "You can do anything you choose to do."
- "You are very smart."
- "I'm so glad we've/I've got you."
- "You are very special (or terrific)."
- "When you make up your mind to do something, you follow through."
- "You are number one!"
- "Congratulations! You deserve this."
- "You'll go far. I rarely worry about you."
- "You are beautiful."
- "You add so much to our family."
- "You are really good at . . ."
- "I really like who you are."
- "How do you feel about that?" or "What do *you* think?"
- "I respect you."
- "You are more responsible than a lot of adults I know."
- "You are going to achieve whatever you want because of your great personality."
- "You did a wonderful job!"
- "I appreciate knowing I can count on you."
- "Your dad and I have loved you since the moment you were born, and we will never stop loving you."
- "You have a good head on your shoulders."
- "You have a tremendous amount of talent."
- "I believe in you."
- "You have a great sense of humor" or "You are fun to be with."
- "I really admire how you . . ."
- "Your hard work really shows."
- "I appreciate you."
- "I am so lucky to know you."

(adapted from The Parent's Little Book of Lists by Jane Bluestein, Ph.D.)

And the Top Five From Our Own Students...

- "Hi!"
- "Good job."
- "I love you."
- "Surprise!"
- "I am proud of you."
- "I bought you a dog!" (and, hopefully, "Great job with taking care of your pet!")

"We can do no great things, only small things with great love."

--Mother Teresa

**"Children do not care how much you know until they know how much you care."
--original author unknown**

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