

# *Sarah's Healing Touch* *for Women*

## **10 Ways to Encourage Your Children**



- 1. *Affirm Your Children.*** All children want to be loved and approved. Act happy when your child enters the room especially when you haven't seen them for a little while. Praise the positives. On the day-to-day training of our little ones we sometimes get stuck on the negatives that need to be corrected. We must remember to acknowledge all the good things we see in them each day. Speak blessings to your children.
- 2. *Mealtime Encouragement.*** Make it a goal and vision to make every meal a love affair. It will transform any cooking and preparations from drudgery to delight and can change chaos into creativity. It's all in how you think.  
Purchase a special plate and use it to set in front of a child or family member whenever they have done something extra great or kind. Try and bring the plate out only once or twice a week to make it extra special.
- 3. *Make Family Life Fun.*** Family life is meant to be filled with fun and joy. But let's face it, there is no fun parenting children who are unruly, out of control and disobedient. The first thing you have to do to enjoy a fun filled home is to train your children to be obedient and respectful. Without this foundation, encouragement won't do them a lot of good! And you'll be yelling instead of encouraging. No matter what it costs, determine to teach your children to be obedient. You don't do this by getting mad and angry. You make sure that they hear and understand what you have asked them to do and you quietly enforce your commands.

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Here are some great scriptures in Proverbs that outline in God's Word training up a child-Prov. 3:11-12; 10:1; 13:4; 17:25; 19:18; 20:30; 22:15; 23:13-14; 26:3 and 29:15, 17

As you establish obedience in your children and order in your home, you will be ready to relax and have fun!

Have a weekly party. Sit, talk and enjoy being together-no agenda, no schedule, no rush. What a great way to connect!

The marble jar. Anytime you see a child being good have them put a marble in a jar. When the jar is full pick a reward such as a family night outing, a special treat etc.

4. *Write Words To Endure.* One great way to encourage your children is with a pillow and notebook/journal. A couple of times a week try and write personal little notes of encouragement. For little children draw fun pictures then place it on their pillow. They can then return the notebook with an entry and place it back on your pillow.

Create a praise binder by putting slips of praise into it whenever you see something a child is doing that is good and praise worthy. At the dinner table have Daddy read the praises out loud. The children will be so excited to be praised especially in front of their Father. At the end of the week take the praises and tape or glue them onto a piece of paper, slip them into a page protector and into a binder.

5. *Encourage Productiveness.* Encourage your children to be helpful by making a point to let them participate in things needing to be done. This might make the task twice as long but you are not only training them for life but also letting them experience the joy of being mommy's little helpers.

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Train your children to cheerfully work when they are toddlers. It is never too early to start. Make work fun, encourage them to use their time wisely and encourage their gifts.

6. *Nourish Them With God's Word.* There is no greater way to encourage your children than to nourish them up in God's Word daily from birth until they leave your nest. Our children cannot take in God's truths all at once. It is "precept upon precept, line upon line, here a little, and there a little" (Isaiah 28:13). It is living out the Shema spoken in Deuteronomy 6:4-9.

One of the greatest blessings we can encourage our children to do is learn how to hear God speak to them personally when they read the Word of God. So many people read the Bible without understanding or receiving any revelation. For More help regarding this, please visit the following links:

<http://bit.ly/ReadWordInQuietTime>

<http://bit.ly/DontStayABaby>

<http://bit.ly/HowReadTheWord>

<http://bit.ly/HowToStudyBible>

7. *Encourage Memorization.* Make memorization fun by making up songs, chants, or marches to help memorize. As you go about your daily tasks, go on walks, or driving in the car quote and sing scriptures to your children. Write verses on "post-it" notes and put them all over the home especially in common areas where you are at for a period of time. When children succeed in memorizing several verses or entire chapters reward them by taking them out to eat or to get a special treat. Another simple way to incorporate scripture memorization is into the bedtime routine. When the little ones are in their beds sing songs and say scripture you want them to learn. Start slowly, with one verse or passage say the same one each night. After several weeks, add

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another but don't stop quoting the other verses. The consistent repetition is what nails it into their heads.

8. *Fill Your Home With Praise & Worship.* Have praise and peaceful music flowing thru your home. Worship is found in the small everyday things of life. A person can sing and worship God while brushing hair, getting ready, in the car, in the kitchen, while feeding the baby and doing housework. This encourages the children to have an attitude of praise and helps the parent focus on God especially when frustrated. This will encourage thankful attitudes in their hearts so that it will become a habit throughout their lives-in their words, actions and attitudes.
  
9. *Pray For Your Children.* God waits for our prayers. When we pray, He moves. Every child deserves praying parents. If we don't pray for our children who will? One of the best ways to encourage our children is to pray for them and with them. Pray out loud for them when they are scared, worried, sad, and also happy!
  
10. *Pass On the Baton!* It is amazing how different little sayings and words stick in our mind from childhood. Say encouraging and powerful words and affirmations to your children that will shape and bless their life. Even as your children become adults and move away you can continue to encourage them by listening to them carefully and reading between the lines. If there seems to be problems or frustrations be quick to encourage them in godly principles and words of scripture. Offer words of life rather than words that will bring false security or death. Do not tell them things they want to hear but rather what will encourage them to be truly successful.

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*All the above wisdom is taken from the book*

*How To Encourage Your Children Tools to Help You Raise Mighty Warriors For God* compiled by Nancy Campbell

*This is just a small sample of some of the ideas, insight, and encouragement that is offered in this book. I highly suggest getting your own copy! You can order this book on the website [www.aboverubies.org](http://www.aboverubies.org) or amazon.com*

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