



PARENT TIPS FOR COMMUNICATION, CONNECTION & CONFIDENCE

(Educational, relatable, psychologically grounded).

1. Ask “How is your heart today?” instead of “How was your day?”

Kids open up more when questions focus on feelings, not events.

2. Build a reading ritual.

10 minutes every night = stronger vocabulary, calmer bedtime, and deeper bonding.

3. Use “I see you trying...” praise instead of “Good job.”

Growth-mindset praise makes children more resilient (Dweck, 2015).

4. Repeat their affirmations WITH them.

Kids learn confidence through modeled language.

5. Put a book in every room.

Environment cues curiosity.

6. Narrate your own feelings calmly.

“My body feels tired, so I’m breathing slow.”

Children learn emotional regulation by imitating you.

7. Give choices, not commands.

“Do you want to read on the couch or the carpet?”

Choice supports autonomy.

8. Create a “No yelling zone.”

A calm tone activates trust and safety.

9. Celebrate small wins loudly.

Every confidence seed matters.

10. Don’t correct reading mistakes too quickly.

Let them finish — then guide.

