

Making a Positive Connection

From a Child's Perspective

By Laurie Monopoli (© Monopoli/The Learning Station 1997 & 2009)

Don't

Don't condemn me for making mistakes;
That's how I learn.

Don't judge me;
I am doing the best that I can.

Don't get angry at me,
I only get scared when you are mad.

Don't shout at me;
Yelling only intimidates me.

Don't ponder on my weaknesses;
Dedicate your attention to my strengths.

Don't always find fault with me;
I must be doing something right.

Don't put conditions on our love;
I love you just for you. Please love me the same way too!

DO

Do praise me;
That way I will know what I am doing is right.

Do share with me your childhood experiences;
It helps me to understand where you are coming from.

Do tell me when you are having a bad day;
That way I will know it is not my fault.

Do respect my feelings, ideas, and views;
This makes me feel closer to you and helps me to express myself to others.

Do listen to me;
I feel good when my thoughts are important to you.

Do believe in me;
It helps me to believe in myself.

Do tell me that you love me;
I can never hear those words enough.