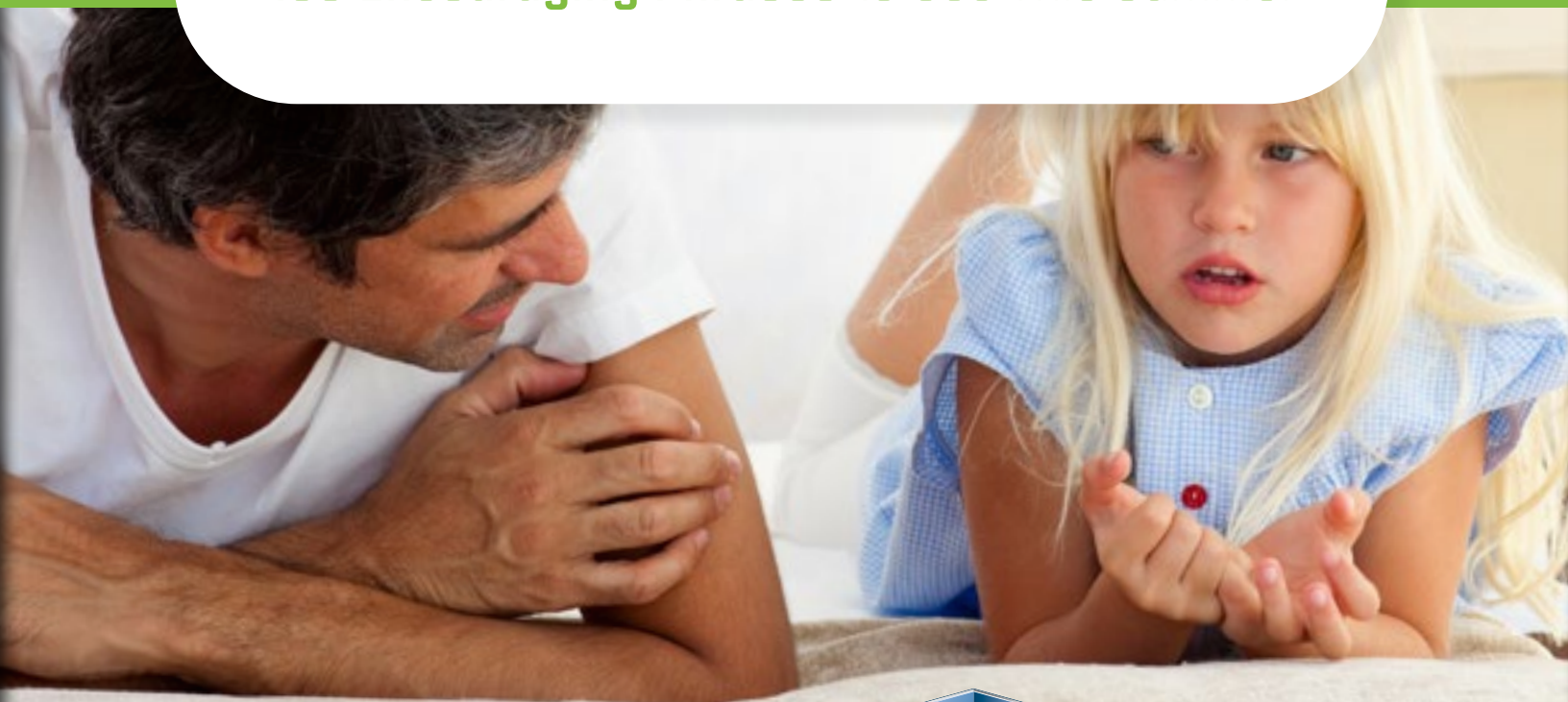


The **Power** of Your Words &

100 Encouraging Phrases to Use This Summer



**National Center
for Fathering**

Engaging fathers. Enriching lives.

Dad!

Your words are powerful.

Your words have the power to help shape your child's future.

Maybe you've known a young man who was often told by his father that he would never amount to anything, and maybe that son fulfilled that prophecy. Maybe you've known a young girl who was told that she had a talent for communication all her life, and sure enough that woman went on to work in a position that revolved around public speaking.

Your words can either lift up or tear down your child, possibly setting the course for his or her future. What future do you want your child to have?



The Urgency of Affirmation

Several years back, a dad named John attended one of our Saturday father-daughter events with his teenage daughter, Skyler. When his wife first suggested that they attend, he thought it was a good idea and said, “I guess I don’t have much time left with her. I’d better do this.”

Of course, John was thinking about his daughter leaving home in a few short years, but his statement soon took on a different meaning.

The two of them had a fantastic day together. They had important talks and made commitments to do more together in the future. Then, the very next day, while playing soccer, John had a heart attack and passed away.

One of the priceless gifts Skyler received at the event that Saturday was a letter from her dad, which she ended up reading at his memorial service, and which she shared with us. This is a great example of how we can affirm our children:

Skyler,

You probably don’t realize how important you are to me because I don’t demonstrate my feelings well. I’m amazed at how much you have grown up. People always compliment me on how easy you are to talk with, how much fun you are. They tell me how lucky I am, and I know this too.

I want you to know that I will love you always and want to be involved in your life forever. I want to teach you the life lessons that came hard for me. I will always be available to you to share your successes and your failures—because you can never let me down. You never have to live up to my standards because you have already exceeded them in so many ways.

Thank you for investing this weekend with me. I hope it will be the start of a richer life for both of us.

*Love,
Dad.*



What a precious gift for this girl to hear how special she was to her dad! It’s something many children go their entire lives without getting. Maybe more than anything, this story should help us see the urgent importance of affirming our children and giving them words of blessing. That’s exactly what this e-book is designed to help you do with your kids.

In today's world, growing up isn't easy. Kids have a lot to figure out and adjust to, and there are big decisions to make. But you can help guide your children towards good things and a positive future. How? By encouraging and affirming them. Not necessarily for what they do, but for simply who they are. Not only will this lead them to a positive future, but it will create a strong relationship between the two of you. One that will carry you through difficult times and distance that can sometimes occur.

Our children need to hear and feel that we place a high value on them. They need to know that their dads love and accept them for who they are. By knowing this, they have one less thing to worry about—a support system during rough times. They know that they can count on you, dad, to still love and accept them even when they may not excel at something. They know that you will love and cheer for them no matter what.

With that foundation, as adults who know their dad loves and believes in them, they are well-equipped to go out and face injustice, defeat huge oppositions and ultimately, become great parents to their own children someday. Our sons and daughters can grow up confident and build healthy relationships. They can be confident in their abilities and talents, finding their place in the world with certainty.



“Our children need to hear and feel that we place a high value on them.”

How can we affirm our children

Dad, you can affirm and encourage your children every day in the most simple of ways. Sure, you can send gifts at important times or just because, but you can also give them everything they need through a few simple words each and every day. Through bad days, days that call for a bit of discipline, or great days where everything is going right, make sure you are affirming your children. Affirmation should come in greater doses, with greater passion, than discipline.

While this book calls for words of affirmation, we encourage you to give your children time as well. Your words will sink into their brains, but your time will sink into their hearts. We encourage you give time, positive time, to your child each and every day along with these words. It may be helping them with a summer school project, practicing a favorite sport with them, a family trip or just playing around the house. Whatever it is, that time will matter. Dads who “get it” know that quality time will come by spending quantities of time with your children.

“Affirmation should come in greater doses, with greater passion, than discipline.”



NCF's Summer of Encouragement Challenge

The rest of this e-book contains 100 encouraging phrases to say to your children this summer. You can write them on notes, send them in a text, speak them over the phone or face-to-face. However you deliver them, it just matters that you do.

So join us for NCF's Summer of Encouragement Challenge (#SummerOfEncouragement) and utilize one of these statements each and every day this summer. Join us in making encouragement a habit and shaping our children's confidence for a positive future. By consciously making affirmation and encouragement a habit, it will begin to feel more natural and come more easily.

And believe us, it will make a difference.

Engage with us

Each day, make sure to check a phrase off the list. Afterwards, check in with us on Twitter (twitter.com/fathersdotcom). Let us know which phrase you used that day by tweeting to us at [@fathersdotcom](https://twitter.com/fathersdotcom) using the hashtag #SummerOfEncouragement. Help us make this a movement. Help us extend our message to other dads and ultimately help encourage other children.



Encouraging Phrases Checklist

1. I'm proud of you.
2. You're doing a great job.
3. You're working so hard and it is paying off!
4. Look at how much you've improved!
5. You should be proud of yourself.
6. Way to go!
7. Awesome job!
8. I am so blessed to have you in my life.
9. I'm proud to be your dad.
10. I appreciate your help.
11. Thank you for being you.
12. I have faith in you.

I really enjoyed my time with you today.

I am confident that you're going to do great!

You are such a good friend/sibling/son/daughter.

You are one of the best things in my life.
17. I will always love you.

18. You are beautiful inside and out.

If anyone can do it, you can.

It is evident that you've worked really hard.

What an exciting achievement!

What do you think? I have faith in your decision.

What an improvement!

You learn so fast!

I trust you.

You have such a good heart.

Seeing you really makes my day.

You are such a creative person!

Your ideas are worthwhile.

You are so strong.

I know that you can do this.

Your words are powerful.

Your choices matter.

You make a difference in the lives of others.

You are kind.

You are deserving.

What a hard worker!

It is okay to change your mind.

You are learning and that is so exciting!

It is okay to ask for help when you need it.

You are such a valuable person.

I believe in you.

I believe you.

Your stories are so interesting.

Tell me more.

You are beautiful.

I'm listening.

I always have fun with you.

I'm grateful to have you in my life.

You make me smile.

That "A" (goal, project, etc.) really reflects a lot of hard work.

The time you put into practicing really paid off!

You seem to really enjoy what you're doing.

Look at how far you've come!

Thank you for your cooperation.

I can tell you really care about what you are doing.

You make that look easy!

You're really getting the hang of this.

I love being with you.

I don't know. What do you think?

I trust your judgement.

That's a tough one, but I know you can figure it out.

Don't be discouraged! You can do this!

You're giving your all and that makes me proud.

I know that you can do this!

I know that was a difficult project, but you finished it and that's awesome!

It is okay to make mistakes. Just keep trying!

I love the person that you are becoming.

You were really brave to do that.

I think that was a good choice.

You made a good decision.

You handled that very well.

I forgive you for...

That's your best effort yet! Great job!

Good thinking!

I can tell you've been practicing.

Great job! You figured it out all by yourself!

Keep at it!

I know that you can do this.

You are such a good learner.

I'm really impressed with what a thorough job you've done.
Life would be boring without you.

You're on the right track!

What a clever kid you are.

You are very respectful and I appreciate that.

You've got a great attitude.

I love watching you grow up!

You never cease to amaze me.

Congratulations!

You should be proud of yourself.

You deserve a high five!

Why don't you take a break, you deserve it!

That's an interesting point.

Look at how much progress you're making.

Your confidence is really showing.

Thank you for being you.

Woah! Your creativity blows me away!

Do you feel proud? You should!

Thank you.

I love you.

Help us make a movement.

As you check off your list, let other dads know about NCF's Summer of Encouragement Challenge. Direct them to fathers.com/summerofencouragement to download their FREE ebook.

Engage with us on Twitter. Tweet to us at @fathersdotcom using the hashtag #SummerOfEncouragement and let us know what phrase you used each day. Help us promote the power of this challenge to dads from all over the world!

Dad, we've told you that you can make a difference in the life of your child, but help us make a difference in the lives of children everywhere. Help us spread the message of positive affirmation and the power of a dad's words.



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#SummerOfEncouragement



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THANK YOU!

Thank you for joining NCF Summer of Encouragement Challenge.

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To help NCF continue developing these and other resources for fathers, please consider giving at fathers.com/donate.

