



**A Guidebook**  
By Nick Burns

# PARENTS TIPS

## TIPS FOR PARENTS

Parents play a huge role in their kid's lives. The influence we have can build our kids up into competent young men and women or can stunt their emotional development and leave them struggling to live well in their adult lives. Kids don't need a perfect Mum or Dad. They need one who genuinely cares. I hope this booklet helps you along the parenting journey.

## WORDS

Words are so important, the old saying "Sticks and stones will break my bones but words will never hurt me," Couldn't be further from the truth. I do not know one person who has not been hurt by the power of words. Kids respond best to a constant stream of encouragement. This does not mean you never correct however it does mean balancing out correction with regular encouragement.

**"... KIDS DON'T NEED A  
PERFECT MUM OR DAD.  
THEY NEED ONE WHO  
GENUINELY CARES..."**

## WORDS TO AVOID

- **You are Stupid**
- **You are useless**
- **Your weak (especially for boys)**
- **You are a big sook**
- **You are not good enough.**
- **You will never amount to anything.**

**These negative words are like seeds that grow and come to life as the child matures.**

## WORDS TO USE

- **You are awesome**
- **You are pretty clever**
- **You are looking good**
- **Your muscles are growing (boys love this)**
- **You are a champion**
- **I love you**

**These words are also like seeds that come to life they build kids up so they feel confident and loved.**