



by Linda Aber

Words hold **POWER**, and the **POW** they contain profoundly impacts on our interactions with others. Words have the capability to either inspire and lift one up to GREATness or pull one down into devastating shame and sadness.

I learned years ago, when my children were young, that the words I used fell terribly short. Here's what I used to say:

- When my son did poorly on a test, I told him he should have studied harder.
- When my daughter's school soccer team lost a game, I told her tomorrow would be another day.
- When my children argued about watching different channels on television, I shouted at them to stop arguing and usually turned it off.

To my dismay, the **POW** had leaked negativity. My words did not validate, teach values nor connect to their hearts. Here were the loves of my life, the very souls who looked up to me for validation and guidance, yet my dialogue was unhelpful and not proactive.

Today, I use nurturing present moment parent communication to reach and inspire them. Each day, each moment actually, I get to reframe the positive in every situation to create and promote success. Here's my redo for the above situations:

- "I hear your determination to do better on your future tests and I admire your goal to improve. I love watching you succeed."
- "I appreciate your passion for soccer and how frustrating it is to lose a game. I applaud your good sportsmanship and love to watch you play."
- "I believe you both are great problem solvers and will negotiate a compromise without my help. I love watching you find solutions together."

Children need to know how great they are, and if we can pour our **POWER**ful words into them, they can internalize that fact. That's the antidote for success. So in that moment I saw them, in that moment I recognized their strengths, in that moment I cleverly created success. In that moment, I honored their GREATness and in doing so, filled them with resilience that transforms our hearts and relationships forever.

Furthermore, I share it with my husband as well. When he skillfully fixed our son's computer, I told him :

- "I appreciate your ability to fix things, you're so knowledgeable. I love that you're such a devoted and caring dad."

Words are truly **POWER**ful, and it is crucial to choose nurturing ones that inspire. They provide a framework that transforms us from the inside out. They permeate our very souls, shape our inner narratives and create heartfelt connections. Let the **POWER** of your words support and encourage all, especially with those you love.