

Parents... here is some 'Food For Thought' .... Not sure I agree with all of these, but I believe it is thought provoking and good to discuss with your partner or other parent/guardians. –Mrs. Borne

Here's what you should think about before you say it to your kids:

- 1 "You're special." When praise becomes too frequent or too exaggerated, it can actually be pretty bad for kids ... especially those with low self-esteem. It turns out all that praise ("That drawing is *really beautiful*") makes kids feel like they have standards to meet (consistently drawing well), and then they're less likely to challenge themselves and risk making mistakes down the line. Also, this might be obvious, but too much praise makes them more narcissistic.
- 2 "Those veggies are good for you." Sorry, Mom! Even as early as age 3, kids have figured out that healthy food often tastes bad -- or not as good as candy, anyway. When you tell them that broccoli is good for them, researchers have found they assume it's gross ... even if it's rather tasty!
- 3 "You're smart." Kids who hear how smart they are all the time start to believe it. While that's not bad on its own, scientists say kids who hear it too often start relying on their intelligence instead of effort, and they're less likely to try things they're not naturally good at.
- 4 "You're fat." Girls who reported being called fat by their family members by age 10 were 60 percent more likely to be obese in 10 years. *Sixty percent.* Telling them they're fat won't make them skinnier ... and it'll probably just unload a heap of psychological and esteem issues onto them, too.
- 5 "I'm too busy." On average, working parents spend less than 10 minutes a day talking to their children. And before you say it: No, stay-at-home parents aren't *much* better, though their number is closer to 30 minutes. This lack of communication affects the way kids' brains are wired and it makes

developing deep relationships harder for them later in life. Texting doesn't count -- drop the iPhone and sit and have a conversation with your kids.

6 "You're the shy/gifted/troublesome one." Kids -- the younger ones especially -- will generally believe most things they hear. Assigning them labels, whether they're good or bad, pigeonholes them from a young age and makes them less comfortable with growing and changing themselves. It also makes them more likely to become what you're telling them they are ... so if you tell her she's a troublemaker, she's going to be more likely to get in trouble.

7 "I'm on a diet." An overwhelming amount of kids' behavior comes from their parents, and eating habits and body image are no exception. By telling them you're not happy with your body, you're encouraging them to question theirs. Not to mention that growing bodies won't react well to no-carb or low-calorie diets. So if you're watching your waist, keep it to yourself.

Are there any things you avoid saying to your kids at all costs?