

Encouraging and uplifting your daughter consists of three basic concepts: validation, affirmation, and encouragement (VAE). As your daughter grows into an adult woman, you will want her to be able to encourage, affirm, and validate herself. Until she can do so, you should model these behaviors for her. Encouragement can be holistic, “You can do it! You can achieve any goal that you set!” Meanwhile, it can also be more specific, “Do not give up on this assignment! I know that you can finish.” By verbally validating, affirming, and encouraging your daughter, you are the external voice that will eventually become her internal voice. You are modeling her future self-talk.

Here are a few more ways to encourage and uplift your daughter:

Situation: Your daughter struggles in mathematics.

Validation: Mathematics can be hard for a lot of people. There are some tough concepts involved.

Affirmation: I have seen you work hard to overcome obstacles in the past. Remember that time that you were convinced that you could not learn to read and had sworn off books? Once you realized that you were reading street signs, soda cans, and candy wrappers, you knew that you were capable of reading. You went back to your books, and you nailed it! I know that you can learn math just as you learned to read.