



Real Life
Families

Real Solutions for Real Life

Speak Life

Speak Love

Parenting Tips for Assertiveness



Give your kids a visual reminder of being assertive--put up a quote or bible verse on the wall. You can even post "Kindness and love" or "Respectful words, actions, and tone" as one of your family's expectations.



Your kids are listening to what you say. Use kind, loving, and assertive words and they will too. Also, talk to them about ways you saw them choosing kindness and love during their day or how you saw them stand up for themselves in a respectful way. If they don't know what to say, give them their "lines" until they learn for themselves.



Give your kids opportunities to practice being more assertive. Role-play together at a family meeting. Give your kids opportunities to serve others too. Serving others builds confidence, character, and communication skills as well as helps kids value themselves and those who are different than they are.

"Gentle words bring life and health; a deceitful tongue crushes the spirit."

Proverbs 15:4