

Affirming Your Child's Identity

Affirming homes are places where children's voices, feelings and expressions are honored and validated. To affirm your child means that you allow your child to live authentically, to accept them for who they are, and to advocate for them just as they are.

Why is it important?

- Boosts confidence and self-worth.
- Fosters a sense of belonging.
- Builds trust and connections.
- Develops a positive self-identity.
- Empowers them to affirm others.

Get started!

- Reflect on biases and be honest about what you discover.
- Challenge traditional roles and beliefs about various identities.
- Allow your child to confidently express their true self.

Create a safe home space:

- Be a trusted adult for open and honest conversations.
- Show love and support for their self-expressed identities.
- Enable them to explore their identity in a healthy way.



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Positive Affirmations

Build a positive sense of self and shape children's inner dialogue. Repeat positive affirmations with your children every day. Have them look in the mirror and repeat affirmations like: "I am strong. I am beautiful. I love my skin. I am brave. I am smart. I love myself just as I am."



10-minute Connection

Build connection and belonging. Spend 10 minutes a day connecting with your child (without electronics) in an environment in which they can safely explore, accept and express their authentic selves. They learn that their choices matter to you and that they have agency.

Creating a safe space together

Ask your child to help design a safe space to help them regulate their feelings. A small space in your home will do! Fill it with items that support the active calming process for your child, items that will help them feel safe and calm. Item ideas could include: soft pillow, books, soothing music/headphones, nature sounds, favorite stuffed animal, blanket or sensory items.

