

IMPORTANT PHRASES WHEN YOUR CHILD IS STRUGGLING

When you experience setbacks, remember that it takes both rain and sunshine to make a rainbow.

This is tough. You should be so proud of yourself for sticking with it.

You have no control over how people act toward you. But **you have all control over how you respond.**

We don't grow when things are easy. We grow when we face challenges.

I've seen you do hard things before — and I believe you can do this, too.

Being on top of the mountain is fun, but **we grow in the valleys.**

Your comfort zone may be a safe place but **you'll never find adventure there!**

You're not making a mistake, you're learning.