

Mothers of Joy Institute for  
Parenting and Family Wellness Inc.



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## Ways to Say I'm So Proud

- You are growing into such an amazing person. It makes me so proud.
- Never forget that you are enough just as you are.
- I want you to know you're doing great work.
- Wow, what you did just now, was so awesome!
- I'll never define you by your mistakes, you are growing. We will learn from this together.
- I accept and love you just as you are.
- Don't give up on this, you got this! You are more than capable.



**Make the Time to Say,  
"I'm So Proud of You"  
Everyday!**

# I'M SO PROUD OF YOU

## A Positive Parenting Education Campaign





## Positive Parenting

Shearese Stapleton, Executive Director of Mothers of Joy Institute for Parenting and Family Wellness, INC was contracted to develop a public education campaign for Adverse Childhood Experiences (ACE) prevention in Genesee County.

She was struck by how few Genesee County children reported hearing their parents tell them they were proud of them. According to the Michigan Profile for Healthy Youth (MiPHY) survey, less than 50% of high school students in Genesee County reported being told they were doing a good job by a parent.

The “I’m So Proud of You” campaign utilizes social media posts, magnets, and local news broadcasts to help promote the importance of verbal affirmations in parenting. The campaign share tips on different ways parents can practice affirmations with their loved ones and lets parents know the positive impacts of their words in action.

## Telling a child that You Are Proud of them:

- Helps to nurture your child’s self-esteem and confidence.
- Shows your child that you care, by telling them.
- Helps encourage your child to work towards and accomplish their goals.

**I’m So Proud Of you!**



## Want to Learn More? Check out these resources

- *What are ACEs?*
- *We Can Prevent ACEs video*
- *Helpful Resources for Parents*
- *Genesee County Resource Guide*

