

Genuine Encounter Moments (GEMS)

Mommy, I need you to help me! (When you are on the phone)

Daddy, come watch me kick the ball (while you are watching the news)

Does your child constantly seek your attention in inappropriate ways and at the most inopportune times?

What you need in your home are more GEMS!

GEMS, or Genuine Encounter Moments are a proven method of alleviating those annoying calls for attention your child may be frequently sending.

The more frequently you use GEMS during the day, the less your child will feel the need to seek attention in inappropriate ways.

The following is Dorothy Briggs description of GEMS in her book *Your Child's Self-Esteem*:

Genuine Encounter is simply focused attention. It is attention with a special intensity born of direct personal involvement. Vital contact means being intimately open to the particular, unique qualities of your child.

The opposite of Genuine Encounter involves distancing. You do not focus attention immediately; you hold back. You see but from a distance, avoiding personal engagement. Many parents (teachers) are with their children physically, but mentally their focus is elsewhere. Togetherness without Genuine Encounter is not togetherness at all.

Your child's self-esteem is greatly influenced by the quality of time that you spend with him-not the amount of time that you spend.

So begin using GEMS in your home today.

Make it a point to stop what you are doing and see life through your child's eyes.

In less than 2 minutes you can help a child feel loved, valuable, listened to and important.

Visit www.PositiveParenting.com for great information about classes and private coaching.

Contact Debbie to hire her to teach workshops: 805-648-6846

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