

This is “Peer Counseling Pause” with Reova Meredith

The Blessing

Giving ‘the blessing’ to our children encourages them to grow into emotionally healthy adults.

Five elements are:

Meaningful Touch Touch communicates warmth, acceptance, and affirmation.

Spoken Message Words have power to build us up or tear us down emotionally.

Attaching High Value To value means to honor. Value who a person is, not simply his performance.

Picturing a Special Future Encourage setting of meaningful goals. This gives security in the present and confidence for the future.

Active Commitment to Fulfill the Blessing Commit to do everything possible to help the one blessed be successful.

Begin blessing today!!! All involved will be richer.