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"If you act successful, then you will be successful."

Stacey Lawson, Counselor

~ Self Esteem ~

Of all the things we help our children learn and do, helping them develop a healthy self esteem is probably the most important. This is because self-esteem affects all aspects of their lives – how they learn, how they interact with friends, how they treat others, how they problem solve, how they handle adversity, and how much they are willing to try new things. Here are some tips to help your child develop healthy self-esteem:

PRAISE YOUR CHILD

Notice when your child has done something well and tell them. Go easy on the criticism! They should hear 5 positives for every one negative thing you say.

CRITICIZE THE BEHAVIOR

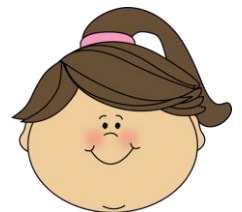
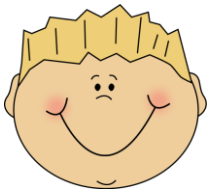
When your child misbehaves, talk about the behavior, such as, "What you did was hurtful, and I know you are a nice kid. "How can I make this better? Do not label your child "bad."

VALIDATE FEELINGS

If your child gets a blow to their self esteem, they need you to allow them to feel hurt, sad, or mad. After, you can boost them up with positives.

What is Self Esteem?

Self esteem is our beliefs about our self----how capable and loved we feel. It is our shield against life's challenges.



Avoid Harmful Comparisons

Do not compare your child to others, especially siblings. Instead of saying, "Why can't you be more like so-and-so?" try, "Do you notice that so-and-so does this?" Let your child know it is OK to be different and that you don't expect perfection.

Give the Gift of Time

Your children know how busy you are, so when you find 10 minutes to listen about their day or play a game, they will feel worthy and loved. The gift of time is worth much more than the money spent.

Give Your Child Chores

Children learn how to function in groups by learning how their own family operates. Set your child up to be a team player by giving age-appropriate chores at home. Offer praise for their work!

"We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light." ~Mary Durbar