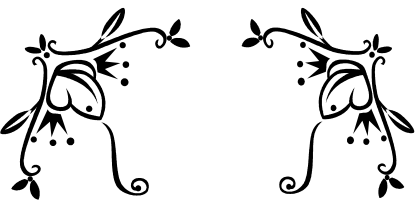
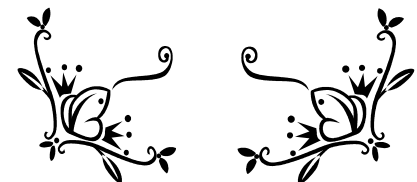


Building A Child's Self Esteem!

Tips For Parents



You're
doing a
great
job!



- Reinforce your love for your children often—tell them you love them and give plenty of hugs and kisses.
- Don't equate what your children do with who they are. For example, tell your son he did a bath thing, not, "you're a bad boy."
- Let your children know that their thoughts and feelings are important to you.
- Give children choices, not threats. Instead of saying, "If you don't stop playing ball in the house, you're going to get it!" try, "It's up to you, you can either stop playing ball in the house, or you can go outside to play ball." Give your child a choice only when you really want the child to decide—and then accept the child's decision.
- Help your children set realistic goals and don't hold them to unreasonably high standards.
- Comments like, "you're wonderful," or "I'm proud of you," are good self-esteem builders, but learn to be specific, too. Identify your child's strong personality traits, such as thoughtfulness, neatness, or sense of humor, and take time to comment on them.
- Be police to your children, by saying "please" and "thank you."
- Tell your children that you appreciate their help and compliment them even on small tasks done well.
- When asking something of a child, make sure he or she understands the rules and your expectations fully. He or she will feel more confident with the responsibility.
- Teach your children to solve their own problems. If they ask how to do something, don't do it for them. Explain or demonstrate how and then let them try.
- Always give your children a reason, particularly if they ask. Never say, "because I said so." This signals that children are not worthy of an explanation.
- Don't set limits on your children's abilities—make them feel they can do anything, and then praise their success!
- Don't underestimate your children's ability to bounce back from a disappointment. Take the "get right back on the horse" approach and praise a second try.