

## **Building Your Child's Self Esteem**

Factors affecting children's self esteem:

- How much the child feels wanted, appreciated and loved
- How your child sees himself, often built from what parents and those close say
- His or her sense of achievement
- How the child relates to others

Your child's self esteem can be increased by you:

- Appreciating your child
- Telling your child that you love them
- Spending time with your child
- Encouraging your child to make choices
- Fostering independence in your children
- Giving genuine importance to your child's opinion and listening
- Taking the time to explain reasons
- Feeding your child with positive encouragement
- Encouraging your child to try new and challenging activities

### **Appreciating your child**

A child's self esteem will suffer if he or she does not feel appreciated. If you spend time together you must enjoy or there is no point. Show appreciation at all times. Tell your child you love him or her - this is appreciation. Thanking a child when he does something good is reward enough. Children like to please.

### **Encouragement**

Esteem is boosted with your encouragement. Encourage decision-making, this will lead to a feeling of confidence and independence. Assign jobs that he/she can be responsible for. Reward with words and possibly a sticker chart when he/she follow through.

### **Praise**

Self esteem comes from what you think about yourself, praise is external. Encouragement is better than praise. I was often told "could do better" and this lead me to feel no matter what I did it would not be good enough to please others. Encourage him/her to do his/her best. Things do not need to be perfect.

## **Mutual Respect**

Children's self esteem will be higher if you treat him or her seriously and with respect. Explain to the child things at his/her so that he/she can understand and treat him/her with respect. Help him/her develop a plan to do or complete things. You want to be treated like this and children are no different. A child who is put down will suffer lack of confidence. Mutual respect will foster trust and confidence.

## **Dealing with failure**

Point out when you yourself have made mistakes. Model how to fix or improve the situation. Encourage his/her best effort, not perfection.

**Patience, kindness and support are key. Help brothers and sisters to understand and help improve your child's self-esteem.**

**Show him/her how to do a task. Then, let him/her try it with guidance. Then gradually, do tasks alone.**

