

## **SELF ESTEEM - 15 ways to help children like themselves**

1. Reward children. Give praise, recognition, a special privilege or increased responsibility for a job well done. Emphasize the good things they do, not the bad.
2. Take their ideas, emotions and feelings seriously. Don't belittle them by saying "You'll grow out of it" or "It's not as bad as you think."
3. Define limits and rules clearly, and enforce them. But do allow leeway for children within these limits.
4. Be a good role model. Let children know that you feel good about yourself. Also let them see too that you can make mistakes and learn from them.
5. Teach children how to manage and spend time wisely. Keep an eye on the clock and help children decide how to manage your time together.
6. Have reasonable expectations for children. Help them to set reachable goals so they can achieve success.
7. Help children develop tolerance toward those with different values, backgrounds and norms. Point out other people's strengths.
8. Give children responsibility. They will feel useful, and valued. Encourage them to help other children and be compassionate.
9. Be available. Give support when children need it. Take time to explain and teach.
10. Show them that what they do is important to you. Talk with them about their activities and interests.
11. Express your values, but go beyond "do this" or "I want you to do that." Describe the experiences that determined your values, the decisions you made to accept certain beliefs, the reasons behind your feelings.
12. Spend time together. Share favorite activities. Take the time to get to know about their life.
13. Discuss problems without placing blame or commenting on a child's character. If children know that there is a problem but don't feel attacked, they are more likely to help look for a solution.
14. Use phrases that build self esteem, such as "Thank you for helping" or "That was an excellent idea!" Avoid phrases that hurt self esteem "How many times have I told you?" Don't criticize questions or suggestions.
15. Show how much you care about them. Hug them. Tell them they are terrific and that you enjoy spending time with them.

Source: Adapted from National PTA