

THE *Counseling* CONNECTION

St. Hilary School
Mrs. Eldred and Mrs. Parisi

Building Self-Esteem in Children

Self-esteem is how we feel about ourselves. Therefore, how children feel about themselves directly affects the way they act. People who are important to children have a great effect on the development of self-esteem. Building self-esteem can be a slow process, and it takes patience and perseverance as parents to help develop a positive self-image in our children.

Characteristics of children with low self-esteem

- Is uncertain of his/her opinion or is unwilling to express for the fear of being ridiculed
- Is incapable of making a decision
- May say things like, "I can't do anything right," "I know I can't do it," "I wish I was more like..."

What you can do to raise self-esteem in your child:

- Listen without making judgements
- Give children choices and the opportunity to make mistakes
- Praise your child's success/effort
- Tell children what to do instead of what not to do
Instead of "Don't throw the ball," say, "Roll the ball on the floor."
- Show your child that you believe in him/her

Every child is special, each one with a unique capability that sets them apart from others. Helping to build their self-esteem will enable them to see just how remarkable they are.

February's Focus: Building Self-Esteem in Children

<https://www.todaysparent.com/family/parenting/how-to-build-your-childs-self-esteem/>



THE *Counseling* CONNECTION

12 Ways

To Help Kids Boost Their Confidence

Encourage a growth mindset.

Encourage independence and risk-taking.

Remind kids of their strengths.

Give chances for everyone to shine.

Give specific positive feedback.

Teach and discuss resilience.

Help kids celebrate accomplishments.

Teach positive self-talk.

Have kids reflect on growth.

Celebrate diversity and uniqueness.

Encourage kids to follow their passions.

Help kids set and meet individual goals.

www.thepathway2success.com

February's Focus:

Building Self-Esteem in Children

