

Parent Tip

Self-Esteem

The Key to Success in School and in Life

Self- Esteem...

Critical decisions in children's lives, such as whether or not to use drugs or to stay in school or sense of self-worth—their self-esteem.

Helping children develop good self-esteem is probably the most important thing parents can do. A strong self-esteem foundation on which children build the rest of their lives

- People with high self-esteem are capable of making good decisions, proud of their accomplishments, willing to take responsibility and able to cope with frustration.
- Self-esteem is closely tied to family and environment. When children feel that they are listened to, taken seriously and genuinely cared for, their self-esteem is high.

Source: The National PTA. "Back to School Guide for Parents" special advertising section Red book Publication 1987, The Hearst Corporation. For additional materials information write the National PTA, 700 North Rush Street, Chicago IL 60611.

15 ways to help children like themselves

1. Reward children. Give praise, recognition, a special privilege or increase responsibility for a job well done. Emphasize the good things they do, not the bottom out, are affected by their
2. Take their ideas, emotions and feelings seriously. Don't belittle them by say, "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 your children within these limits...
4. Be a good role model. Let your children know that you feel good about yourself. Also let them see that you too can make mistakes and can learn from them. They should spend time wisely and budget their money carefully.
5. Teach your children how to deal with time and money. Help them spend time wisely and budget their money carefully.
6. Have reasonable expectations for your children. Help them to set reasonable goals so they can achieve success.
7. Help your children develop tolerance toward those with different values, backgrounds and norms. Point out other people's strengths.
8. Give your children responsibility. They will feel useful and valued.
9. Be reasonable. Give support when children need it.
10. Show them that what they do is important to you. Talk with them about their activities and interests. Go to their games, parents' day at school, drama presentation awards ceremonies.
11. Express your values, but go beyond "do this" or "I want you to do that." Describe the experience that determined your values, the decisions you made to accept certain beliefs, the reasons behind your feelings.
12. Spend time together. Share favorite activities.
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 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, "Why are you so stupid?" "How many times have I told you."
15. Show how much you care about them. Tell them they are terrific and that you love them.

Remember the Power of Praise!

