

Self Esteem

S

SPEND TIME with children. They spell Love T-I-M-E. Do activities they enjoy.

E

ENCOURAGE children to be responsible. Give children “real” jobs (setting the table, cleaning dishes away, putting away toys, feeding pets) and allow them to be a responsible family or community member.

L

LISTEN to your children. Smile, be happy, touch and laugh together.

F

FIND opportunities for children to succeed. Give them opportunities to do what they are good at doing.

E

ENCOURAGE good feelings by catching children being “good” and commenting on their behavior. Children repeat what adults pay attention to.

S

SHOW RESPECT and politeness to your children. Be aware of your tone of voice and body language. “If you expect Respect, be the first to show it!”

T

TREASURE their past and present memories by saving photos, art work, videos, etc. Also tell them stories about their lives when they were younger and spend time looking at those photos, etc.

E

ENJOY children’s individual personalities. Appreciate them for who they are. Don’t tease them or use sarcasm – it hurts feelings.

E

EXPECTATIONS of what children can do need to be true to each child’s personality, age, size and developmental level.

M

MAKE rules and guidelines based on the developmental level of your child and be consistent.

CHILDREN’S BOOKS:

- *A Color of His Own* by Leo Lionni
- *Rainbow Fish* by Marcus Pfister
- *No Mirrors in My Nanna’s House* by Ysaye M. Barnwell

ADULT RESOURCES:

- *How to Talk* by Mazlick Gaber
- *Your Child’s Self Esteem* by Dorothy C. Biggs
- *How to Say It to Your Kids* by Dr. Paul Coleman