

Tips on Raising Children

- The foundations of good self-esteem lie early in infant development when attachment is occurring between the infant and adult caregivers. When adults readily respond to children's cries and smiles and meet the child's needs consistently, the child will feel loved and valued.
- Healthy self-esteem is linked to children's feelings of belonging to a group such as the family unit, a peer group, or group in the community.
- It is important to help children learn to build healthy relationships with their peers.
- Children need to develop strong values and have good communication with their caregivers. Family time or family meetings are an excellent way of the family coming together to model open communication.
- Tell children they are supported and accepted constantly, even when their peers are not accepting them.
- A child's sense of self-worth can deepen by adults responding to interests the child has. Include children in activities they are interested in such as gardening, baking, cleaning, animals, sewing, etc.
- Excessive flattery and praise will create doubts in children. Children need adults to tell them in detail what they are doing that is noticeable and worthy of comment. For example, instead of saying "Good job", caregivers can say, "I notice that you have stayed in your room reading and have not gone into my room without permission. Thank you for obeying the rule. I also loved that you have not argued or fussed about your homework."
- Self-esteem is fostered in children by the adults that are important to them. Listen to children by hearing their views, their opinions, taking them seriously, and giving them meaningful feedback.
- Young children benefit from tasks and activities that offer them a challenge more than tasks they are merely fun. Involve children in chores around the house, do the tasks with them, involved them in preparing the meals, caring for the pets, this will give children a sense of accomplishment and also teach them important life tasks in a fun way.
- Children can maintain healthy self-esteem by adults helping them to cope with defeats rather than emphasizing constant successes. During times of struggle, disappointment and crisis, children's self-esteem can be strengthened by letting them know your love and support for them remains unchanged no matter what will happen.
- Most importantly being conscience of tips to develop a child's self-esteem is not only important and helpful but it is a crucial part of every child's development.
- Using a negative tone or negative language with children will weaken and damage their self-confidence and self-esteem. Reframe all redirection, direct commands to what you WANT the child to do not what they should STOP doing.



- Help children to identify positive traits and talents about themselves and then grown and nurture the talents. But also help them differentiate that everyone has things their good at and things they are not good at and this is okay.
- Develop the ability to identify and verbalize their feelings, being heard and understood by important adults and caregivers in their lives.
- Help children increase eye contact with others by direction to do so, or eye contact games.
- Identify the child's accomplishments.
- Help children develop positive self talk messages to further build their self-esteem
- Catch children doing something right instead of focusing on the wrong things they do.
- Encourage children not only for their successes but also their failure after working particularly hard for something.
- Always look at children when they address, this gives children the message that they are worthy of your attention.
- Ask your children questions, maintain open communication with them, which will encourage children to develop their own verbal skills, share their thoughts and feelings, and ask questions of others.

Article by Kim Brown, Clinical Director

Sources:

Kid Source On Line; Lillian Katz (Internet Source)

The Best Way to Build Self-Esteem; Katherine West (Internet Source)

Improving Self-Esteem Ten Different Ways; Anita Lichman (Internet Source)