

# THE *Counseling* CONNECTION

St. Hilary School  
Ms. Becher and Mrs. Eldred

## 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

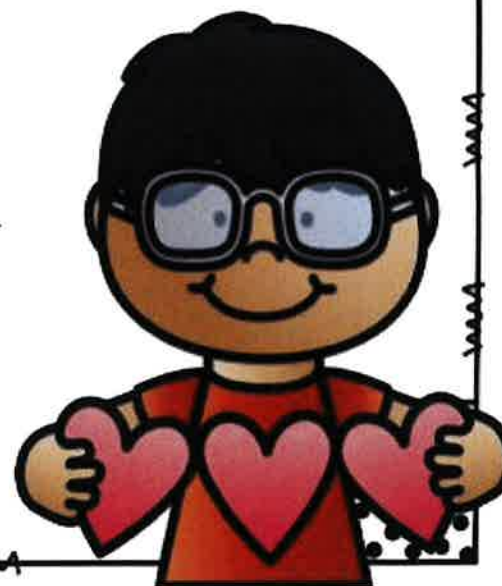
- Is uncertain of his/her opinion or is unwilling to express for the fear of being ridiculed
- Is incapable of making a decision
- May say things like, "I can't do anything right," "I know I can't do it," "I wish I was more like..."

### 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**



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## HOW TO Build Your Child's Self-Esteem

By the Kids in Transition to School (KITS) Program



**Use praise** that is specific, sincere & based on efforts (vs outcomes)



Let your child make her **own decisions** when possible



Let your child take **reasonable risks** to build self-confidence



teach your child **positive self-talk**



help your child to **learn from mistakes** and problem solve



give your child **responsibilities** to show him what he can do



let your child **take pride in accomplishments**



be a positive self-esteem **role model**



with positive self esteem your child will have more ...

**confidence**

**willingness to try new things**

**perseverance in the face of challenges**



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

