

Topic: SELF ESTEEM

QUESTIONS for DISCUSSION

A US Department of Education Self-Esteem Task Force found that one of the most challenging aspects of the work of the task force has to do with the change in concept **from** building self-esteem in others **to** generating self-esteem internally. “The challenge of this shift among professionals is understandable. For years, we have proceeded with a day-to-day definition of self-esteem that basically states, ‘Self-esteem is feeling good about one's self.’ This working definition opened the door for many of us to do things for other people that made them "feel good". We found nice things to say to other people, we expanded programs of reward and recognition, and we learned to hug. HOWEVER, what we have now come to see, they do not necessarily promote self-esteem. In fact, in many cases, such activities can even have an adverse affect on self-esteem.”

1. Why did the above methods used to develop positive self-esteem in children fail?

2. Michael Grose, author of *Raising Happy Children*, says:

“Thou shalt never regularly do for a child the things he or she can do for him or herself. Remember your job is to make yourself redundant.”

- ❖ *Why do you think many parents do things for their children that they could do for themselves?*
- ❖ *How is this related to self-esteem?*

3. How do we teach our children to laugh at themselves?