

## **Building Healthy Self-Esteem**

*by Michael Grose*

Following are some ideas that adults can use to promote self-esteem in children:

1. Build on children's strengths. Point out to children their areas of expertise. This is often difficult with young children but as they progress through primary school they have more options for success available.
2. Give kids realistic responsibility. Develop self-help skills from an early age.
3. Develop the courage to be imperfect. Let them know that mistakes are part of learning
4. Encourage sensible risk-taking. Help them to develop the attitude that anything is possible.
5. Establish an achievement board or corner in your house or room.
6. Develop a strong language of encouragement that focuses on effort, improvement, their contribution and displays your confidence in their ability to succeed.
7. Stick positive affirmations around the house. Use them yourself.
8. Tell children how you handled difficult situations in your life. This is extremely reaffirming for kids.
9. Ask children's opinions on important family matters. It shows you value their input.
10. Mirror back a positive self-image or picture.
11. Self-esteem comes from achieving success in high risk areas so help them achieve in an area such as public speaking or drama.
12. Look for small victories or achievements and celebrate them.
13. Provide them with opportunities to take risks and make mistakes.
14. Remind kids that we only grow and improve when we take risks.
15. Help children set goals and stick to them.
16. Write letters or notes of appreciation. Leave notes under the pillow, in lunch-boxes or on the computer in Email.
17. Help kids accept responsibility for their own actions and their own fate.
18. Give objective feedback but begin with a strength or positive.
19. Compare them only to themselves.
20. Teach them how to reframe problems or see a situation from a positive point of view.