



MBES

Counselor's Corner

What is Self-Esteem?

Self-esteem is our belief about our self; how capable and loved we feel. It's our shield against life's challenges.

Helping children build a positive self-esteem is one of the most important things we can do as parents and as educators. Self-esteem affects all aspects of children's lives. It can affect how they learn, how they interact with friends, how they problem solve, how they handle adversity, and how much they are willing to try new things. The following are some tips on how you can help your child develop a healthy self-esteem...

Praise your child

Tell them how proud you are when they have done something well. Go easy on the criticism. For every negative you say, they should hear 5 positives.

Criticize the behavior, not the child

Do not label your child as "bad". Discuss the misbehavior and how they can correct the behavior.



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Validate feelings

If your child experiences a blow to their self-esteem, let them be sad, angry, or hurt.

Avoid harmful comparisons

Don't compare your child to others, especially to his/her siblings. Let your child know it's ok to be different and that you don't expect perfection.

Assign Chores

By giving age appropriate chores, you are teaching your child how to function in groups by learning how to cooperate with their family members. Offer praise for a job well done!

"We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light." – Mary Dunbar

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