

Positive Parenting

What is Self-esteem?

Self-esteem is an individual's sense of self worth; how a person feels about him or her self. It is a feeling of being capable and confident.

When is self-esteem developed?

Self-esteem is formed as a child grows and gains skills. Parents can have a positive or negative effect on its development.

Why is self-esteem so important?

A good self-esteem is important in order for children to lead healthy productive lives. It is a crucial factor in academic achievement and future successes.

Children with poor self-esteem may feel unhappy and view themselves as failures. They can lack motivation and confidence to try new things. They also tend to associate with others who view themselves negatively.

How do we help to develop self-esteem?

1. Provide a warm, nurturing environment
2. Use firm but fair discipline, allow for reasonable consequences
3. Be a good model and set an example
4. Allow your child to make choices and decisions
5. Encourage your child to do things for him or herself
6. Expect your children to help with household duties so they feel like an important part of the family
7. Build on your child's strengths
8. Provide consistent routines for mealtimes, bedtimes, homework sessions and household chores so your children learn organizational skills
9. Remember a child is never "bad"; it is the behaviour that is unacceptable
10. Encourage your children to spend time with their friends
11. Be positive and affectionate; everyone needs "hugs"
12. Spend quality time with your children and listen to them

When interacting with your child/children:

THINGS TO DO	THINGS TO AVOID
<ul style="list-style-type: none">• Praise sincerely• Build on strengths• Trust• Be positive• Allow for mistakes• Encourage friendships• Encourage new activities• Be affectionate• Support reasonable risk taking• Expect participation in chores• Treat as an individual	<ul style="list-style-type: none">• Sarcasm• Pointing out weaknesses• Checking up on all the time• Criticism• Restricting your child• Choosing your child's friends• Pressuring your child• Hiding your feelings• Being too protective• Redoing chores• Comparing children

Student Interviews:

Question: "What do your parents do to help you feel good about yourself?"

Grade 9 – "When I'm playing sports, my parents cheer me on even if I'm doing poorly."

Grade 1 – "I feel good when my mom and dad give me presents for my birthday and have a party."

Grade 4 – "I like it when I was by myself with my dad. My sister slept at my grandma's house so I didn't get into trouble."

Grade 7 – "My mom and dad take me camping and I find I can do things really well like make a fire or put up a tent."

Grade 3 – "I like it when my dad brings me to African Lion Safari because he lets me help steer the car through the maze."

Grade 6 – "My parents tell me to turn on my music to help me clean my room. It makes me feel like doing work. That shows me that my parents want me to grow up and be a good parent."