

Building Your Child's Self-Esteem

Adapted from "The Building Blocks of Self-Esteem" by Mel Shaut

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1. Recognize and acknowledge your child's accomplishments—praise your child in your child's presence, verbalizing the particular accomplishment achieved. Also, share your child's accomplishments with others.
2. Recognize your child's specific interests—each child has different interests and skills; communicate with your child about these interests and skills. Share personal stories, but ensure you give opportunity to listen to your child's perspective.
3. Recognize your child's feelings— each child may react differently to any given situation. Ensure that you allow each child an opportunity to express his/her feelings.
4. Be a good example to your child—he/she is looking to you to set the standard of behavior; be the best you can be.
5. Pray for your child by name, both in the child's presence and when alone—having your child hear his/her name mentioned in prayer is powerful and empowering.

