

# Building Strong Families

## Model

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### Key Points

- Children can "catch" your level of self-esteem (self-esteem can be **contagious**).
- Parents who model self-esteem contribute to the healthy self-esteem of one another, and their children will benefit from seeing **healthy self-esteem in action**.
- Modeling positive self-esteem gives children **pride** in themselves and in their parents.

### "Mirror, Mirror On the Wall"

#### Directions:

*This is an exercise to help you better understand your own level of self-esteem and self-awareness. It is not necessary to have so high a level of self-esteem that you cannot see your own flaws. What we need is a healthy view of ourselves, to like ourselves, and believe that we count and can make a difference.*

*For this exercise, let's focus on what is positive in ourselves. Pass around the mirror at your table (or pick up the mirror in front of you). Look into the mirror and see your reflection. Answer the following questions on this sheet. Remember, you do not have to share your responses with anyone if you don't want to.*

1. Pretend the person in the mirror is your best friend. How would you describe him or her?
2. What do you like most about you? What are you most proud of?
3. What would you want your children to see in you?
4. What is one thing you can do to achieve #3?