

Building Strong Families

Ways to Build Self-Awareness and Self-Esteem

Reinforce the Ideas that Your Children Are Loveable and Capable

Another way to build children's self-esteem is to reinforce the ideas that they are lovable and capable. You can do this when you encourage and praise them for positive behavior and successes. And you can do it when you show them how much you value them. Then your children will come to believe that they are lovable and capable persons.

- 1. Praise and encourage children when they do the things you want them to.** This praise and encouragement for good behavior will motivate them to keep repeating the behavior. (For example, you could say: "You did such a good job of picking up all of those toys and putting them in your toy box.")
- 2. Point out your children's successes.** When you focus on what they have done well, they become more confident about what they can do. Then they are encouraged to try to do more.
- 3. Hug your children.** Hugging shows your children how much you care for them. Besides building self-esteem, hugging is also good for the health of both parents and children!
- 4. Give children rewards that they can really experience.** (For example, rewards can be playing a game or watching a favorite video.) Rewards and motivations may be different for different children.
- 5. Say the words: "I love you."** Children like to hear these words often. They need their parents to remind them that they are lovable.