

## Building Strong Families

### Be a Model for Your Children by Building Your Own Self-Esteem

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- Parents who build up their own self-esteem are more likely to esteem and value others. Children see healthy self-esteem in action. Then they are proud of themselves and their parents, and they are more likely to develop healthy self-esteem.
- Parents who have low self-esteem are less likely to esteem or value their children. Then their children may develop low self-esteem.
- That is why parents must be models for their children! When they build up their own self-esteem, their children are likely to do the same!

#### **“Mirror, Mirror On the Wall”**

*Directions: This exercise will help you understand your own self-esteem and self-awareness. That doesn't mean having such a high view of yourself that you cannot see your own flaws. Instead, it means having a healthy view of yourself. You need to like yourself. And you need to believe that you count and can make a difference.*

*For this exercise, think about what is positive in yourself. As you see yourself in the mirror, don't just think about the physical way you look—think about the whole person that you are. Answer the following questions if you want to. You do not have to share your responses with anyone else.*

1. What do you like most about you? What are you most proud of?
2. What would you want your children to see in you?
3. What is one thing you can do to bring about #3?