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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Boost Your Child's Self-Esteem

By Deanna Mascle

Many people have a strong opinion on the importance of self-esteem in children. Some people

have a negative opinion and believe too much emphasis is placed on self-esteem today. Other's believe strongly that self-esteem development is crucial in children.

The truth is that both parties have a share in the truth. There is probably too much emphasis on self-esteem today and self-esteem development is crucial. However middle ground can be found between the two groups. The emphasis shouldn't be on building self-esteem but rather helping children learn and grow so they naturally develop a feeling of worth and value.

Self-esteem is a major key to success in life. The development of a positive self-concept or healthy self-esteem is extremely important to the happiness and success of children.

Self-esteem is how we feel about ourselves, and our behavior clearly reflects those feelings. If you child has high self-esteem she is likely to act independently, assume responsibility, take pride in her accomplishments, tolerate frustration, attempt new tasks and challenges, handle positive and negative emotions, and offer assistance to others. If your child has low self-esteem he will avoid trying new things, feel unloved and unwanted, blame others for his own shortcomings, feel (or pretend to feel) emotionally indifferent, be unable to tolerate a normal level of frustration, put down his own talents and abilities, and be easily influenced.

Parents have the most influence on their child's self-esteem. Most parents do not realize how great an impact their words and actions have on their child.

Be Quick With Praise

When you feel good about your child, mention it to him. Parents are often quick to express negative feelings to children but often don't get around to describing positive feelings. A child doesn't know when you are feeling good about him unless you tell him. He needs to hear you tell him that you like having him in the family. Children remember positive statements we say to them. They store them up and "replay" these statements to themselves. Make a point of giving your child words of

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encouragement throughout each day. Look for situations in which your child is doing a good job, working hard, trying a new challenge, overcoming a difficulty or displaying a talent.

Lay It On Thick

Be generous with your praise. Use what is called descriptive praise rather than the general, such as "good job". For example, during a recent swimming lesson my son was expected to swim the length of the pool. He was frightened and didn't think he could make it. When he successfully accomplished the goal I told him I was proud of him for two things. One for trying even though he was afraid he'd fail and two for pushing himself to reach his goal.

Make Them Talk The Talk

Teach your child to practice making positive self-statements. Psychologists have found that negative self-talk is frequently the root cause of depression and anxiety. What we think determines how we feel about ourselves and those feelings determine how we behave. This is the reason it is important to teach children talk to themselves in a positive manner. You can start them off by asking directed questions.

Avoid Name Calling

While it is often important for parents to be critical, the focus should be on the action you would like to see rather than the child. Rather than calling a child a slob for keeping a messy room focus on the desired action, which is to sort clothes and toys into their proper places. Encourage the child by saying something like "I know you can get this place ship shape by dinner" and reward them with specific praise "You did a great job cleaning up your room".

Always Speak Of Your Child As If They Were Listening

Many parents do a wonderful job of building up their child's self esteem while spending time with the child. Then later they undo all their good work and let the child overhear some negative comments. It is difficult to explain away or undo this damage as you may well not even know when it occurs. Obviously parents need to communicate with each other about their children and adults often need to vent their frustrations. Just make sure when you do so that your child is not able to overhear. Even a child who is apparently concentrating on play will perk his ears when he hears his name.

If you follow these five methods then your child's self esteem will grow.

Deanna Mascle shares more parenting advice in her blog at

<http://ParentsLearnMore.com>

7 Effective Ways To Boost Your Self Esteem

By Caroline Jalango

1. Get a life purpose statement.

A well thought out life purpose statement is a powerful way to boost your self-esteem. It will define who you truly are, draw out your essence and affirm you. Whenever you read your life purpose statement, you will be reminded about who you are, what you represent and what you intend to accomplish in life.

2. Take personal development courses.

Investing in the acquisition of knowledge and education will boost your self-esteem many levels higher! This will give you control over your life and you will gain self-confidence that will prepare you to face and deal with anything that comes your way.

3. Take action. Do something for yourself.

Start doing something for yourself. Take positive risks with your life. Don't live your life in chains. If you want to start a business...do it. Don't live other peoples dreams. Live out loud, live your dream, do something that you feel is important to you. Make sure you accomplish it.

4. Socialize

Involve yourself actively in matters that interest you. Join clubs, networking organizations, associations or groups of similar interest and participate actively. Being part of a group gives you a sense of belonging, acceptance and appreciation. Knowing that you are part of something important and meaningful, does a lot to boost your self-esteem.

5. Stand up for yourself.

Don't allow people to put you down and don't allow other people's expectations to thwart what you are capable of becoming. Don't put up with people or situations that negate all the positive things that you can do. Stand up for your dreams!

6. Volunteer to help the less privileged.

Volunteering will give you a sense of fulfillment, accomplishment and appreciation. Giving yourself in service to others is one of the noblest things to do. The look of gratitude on the faces of those that you have helped is enough to boost your self esteem

7. Set personal goals and accomplish them.

Living aimlessly leaves you with a feeling of emptiness and confusion. Goals give you a sense of

purpose. They steer your life in a particular direction. They make your life purposeful. Accomplishing personal goals gives your self-esteem a big boost.

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Caroline Jalango is a life coach for unstoppable women who are willing to step up to the plate and take a shot at living exceptional lives wherever they are.

www.motivationzone.com

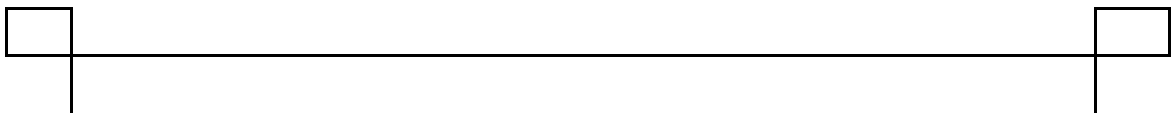
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7 Effective Ways To Boost Your Self Esteem
Methods Of Self-Esteem Improvement
Ten Things You Should Know Before Buying
Develop Your Child's Critical Thinking Skills
Self-esteem Boosters For Women

Help Your Child Succeed In School
Cure Bad Breath
Ax Gold Collection
Smoothies for Athletes
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