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Improving Your Teen's Self-Esteem

By Rene Graeber

The teenage years are often the most difficult time of childhood. During this time, children are blossoming into adults and struggle to determine the individual identity.

It is no shock the teen years are the most dreaded by parents, but these fragile youngsters are at a critical time in their lives. Often, boundaries are pushed and rules are stretched by a teenager yearning to take that "next step" into adulthood.

Teens find themselves not only faced with emotional transitions, but also physical changes.

In the midst of these physical and emotional evolutions, a teen's self-esteem can be compromised. Parents can take certain steps in order to ensure that a child's self-esteem is not affected by the turbulent teenage years.

The best way to improve your teen's self-esteem is to take an active role in your child's life. By knowing his or her interests, friends, strengths, and weaknesses, you will be aware of any problems that may arise.

Starting from a young age, instill a positive attitude in your child. Children who have a great sense of self-worth are more apt to blossom into teenagers with a great sense of self-worth. Take time to talk with your teen instead of talking to your teen. If your child believes his or her opinion or thoughts have an impact in the home front, that individual is more apt to have a greater self-esteem. Allowing your teen to have a say in decisions that affect the entire family will further impress a sense of self-worth, thus positively affect his or her self-esteem.

Children learn by example, and teenagers are no different.

Teens whose parents showcase high self-esteem are more likely to exhibit self-esteem. Conversely, parents with low self-esteem or who constantly question their self-worth will pass those traits on to their children simply by their actions. The way you interact with your friends, family members, and colleagues will rub off on your children.

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Individuals with low self-esteem set poor examples for their teens and should not be surprised when their teens exhibit similar actions. Children are like a sponge, so take care not to comment negatively towards yourself or others. Many teens with issues regarding their physical appearance learn these behaviors from home. Television, movies, and music play a huge part in any teenager's life. These outlets seem obsessed with a pre-conceived idea of perfection that will most likely differ from that of the average individual. Take time to speak with your teen regarding these issues.

Interaction with your teenager will allow you first-hand information on any problems he or she may be having and make an attempt to remedy these situations. Often, teenagers are quite sensitive about their appearance due to acne or other issues. If this is the case, consider making an appointment with a dermatologist who will be able to remedy the situation. Similarly, your teen may be interested in changing his or her appearance to best fit a burgeoning identity, but may be hesitant to approach a parent. Remember, teenagers straddle the line between child and young adult.

Although they may yearn to be an adult, the child part still needs reassurance from a parent. If you as a parent feel a requested physical transformation will not benefit your teen, make a compromise. Often, teens are looking to be outrageous in order to push boundaries set by parents. Instead of lowering your teen's self-esteem by creating a confrontation, create an atmosphere of discussion and compromise.

Open communication cannot be stressed enough. Take time to talk to your teen about their friends, classes, activities, or interests. Teach your teen to accentuate the positive instead of focusing on attributes they see as weak or negative. Instill a sense of great self-esteem at a young age that will continue with your teen as he or she grows.

You may wish to enroll your child in self-esteem building classes or extra curricular activities that will boost their self-worth. Whatever the case, taking an active part in your teen's life is the best way to see them through this transitional time in their lives with their self-esteem intact.

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<http://www.self-confidence-self-esteem.info>

Teen Self Esteem: How Parents Can Help

By Aurelia Williams

How many teenagers do you meet that really have a strong sense of self esteem? Not many if you tell the truth. It's a treat to find a fifteen year old who knows and likes who they are.

Healthy teen self esteem is first nurtured at home. A secure home life, supportive parents and a reliable extended family provide the launching point that allows children to thrive. >From there it's a safe school environment and positive peer relationships that further affirm their feelings of being

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valuable to others.

If a teen's home life offers more negative feedback than positive nurturing, it is nearly impossible for that child to come through puberty feeling good about themselves.

Teenagers who don't have a strong sense of personal value from their parents are left viewing themselves through the critical eyes of their peers. And what they see there is often disappointing.

Making embarrassing mistakes, feeling clumsy, going through puppy love heart break or not doing everything right the first time you try is all part of being a teenager. But a teen with low self esteem takes every stumble personally and internalizes the failure as being part of who they are.

This is why it is so important to help our kids survive their mistakes and deal with disappointments from an early age. Positive teen self esteem is crucial. The best way to improve your teen's self-esteem is to take a very active role in your teen's life. Just by knowing your teen's interests, friends, strengths, and weaknesses, you will be aware of any problems that may arise.

If you have a teenager who is struggling with low self esteem, you have to take every opportunity that presents itself to remind them that they are valuable to you and to others. Provide them with opportunities to be with people who will build them up and encourage them.

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