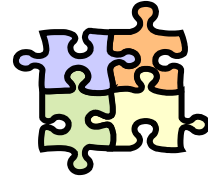


## **-Counselor's Corner-**

### ***Hot Topics for Parents:***

### **#1 Building Self-Esteem**



A child's world extends beyond the classroom and school. At home you can help to build self-esteem and self-confidence in your child. The following list of ideas are things you can do to help your child maintain a strong self-image.

1. Say something positive to your child each day.
2. Give your child recognition for the efforts they make even though those efforts may not come up to your expectations.
3. Have reasonable expectations for your child. Help them set reachable goals so they can achieve success.
4. Give your child responsibility. He will feel useful and valued.
5. Be a good role model. Let your child know that you feel good about yourself.
6. Do not embarrass your child, especially in front of others.
7. Be available. Give support when your child needs it.
8. Show your child that what they do is important to you. Talk with him about his activities and interests.
9. Compliment your child on improvement or creative ideas.
10. Use phrases that build self-esteem, such as "Thank you for helping," or "That was an excellent idea!" or "You knew just how to do that."
11. Show how much you care. Hug them. Tell them they are terrific and that you love them.

\*\*The bottom line is: Be encouraging, have fun, and remember that you have the power to influence how your child feels about themselves. As always, I'm available for any questions or concerns you may have! Feel free to contact me anytime at [jbutler@mpcsd.org](mailto:jbutler@mpcsd.org).