

Self-Esteem in Children

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Ways to promote your child's self-esteem:

1. *When you feel good about your child, let them know. Words of encouragement mean more than you realize.*
2. *Teach your child to make positive self-statements.*
3. *Teach your child about making good decisions and to recognize when they have made a good decision.*
4. *Avoid criticism that takes the form of ridicule or shame.*
5. *Develop a positive approach to providing structure for your child.*



Success in life is directly linked to self-esteem. Self-esteem and happiness are also vital in child/youth development. Positive self-esteem gives us confidence and helps us deal with daily challenges.

Negative self-esteem allows youth and children to feel unloved and unwanted, to blame others for their own shortcomings, and to put down their own talents and abilities.

Low or negative self-esteem is evident in our youth today. As a result, one-fifth of all eighth graders in the U.S. are at high risk of school failure; approximately 30 percent of youth drop

out of high school. Teen suicide has doubled since 1968. Parents and caregivers can combat these problems by promoting positive self-esteem in children and youth.

According to the Child Development Institute, these and other positive statements will allow the child/youth to develop a positive self-image.

Negative self-esteem can be reversed if everyone contributes to building walls of confidence, respect and well-being rather than barriers of neglect, antisocial behavior and hostility.

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