

# Counseling News

February, 2017

*The way we talk to our children becomes their inner voice -  
Peggy O'mara*

Helping children develop healthy self-esteem is one of the most important things that we can do. Self-esteem impacts how children learn, interact with their peers, their ability to empathize, how they problem solve, how they handle stress, and how willing they are to challenge themselves.

## **Praise your child**

Tell them when they do something well! *Easy on the criticism*. They should hear 7 positives for every 1 negative thing you say. Tell them their strengths!

## **Criticize the behavior**

Tell your child the behavior was bad, instead of labeling them as bad., "Your behavior was hurtful, and I know are a kind person. How can you make this better?"

## **Validate feelings:**

Allow your child to feel sad, hurt, or mad. Help them understand that they can handle difficult emotions.

## **What is Self-Esteem?**

Confidence in one's own world and capabilities. It helps us handle life's problems.

## **Give your child chores**

Help your child learn how to work with others by giving age-appropriate chores at home. Praise them for their effort!

## **Give the gift of time**

You are busy so when you find 10 minutes to listen to your child or play a game, they will feel worthy and loved. Time is worth more than money.

## **Avoid negative comparisons**

Be careful to not compare your child to others, especially siblings. Let your child know that it's okay to be different and to make mistakes.

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**Questions? Contact us!**  
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