



Confidence building blocks for children

Building confidence is an important key to a child's emotional growth. Simply stated, self-esteem is a child's belief in himself. Self-esteem is the core of how a child feels and relates to other people now and in the future.

Giving children a sense of confidence and worth involves loving, training and guiding them. How children feel about themselves determines how they will live their lives. A child's behavior is a reflection of self-esteem.

Children with low confidence do not know they are loved and worthwhile. These children feel inadequate and expect to fail. A child's low self-esteem has a negative effect on the whole family.

High self-esteem helps a child feel loved, worthwhile and able to succeed. Confident children make the entire family proud.

Boosting self-worth

Here are suggestions to build a child's confidence and sense of self-worth.

- Praise children for doing their best.
- Respect and trust each other.
- Relax a minute and put you in their place.
- Hug your children and tell them you love them often.
- Let children plan an activity with you or the entire family.
- Consider your child's needs.
- Assure children of their importance to their family and friends.
- When there is a problem, work together for a solution and follow it.
- Avoid making children feel guilty about mistakes.

- Encourage children to be creative.
- Set rules so your children know what is expected of them.
- Listen to your children; be interested.
- Communicate a sense of security and worth through your actions.
- Share thoughts and dreams with your children.
- Tolerate your child's failures; encourage successes.
- Give your child attention and security.
- Plan family activities which include children.
- Teach your child values.
- Tell your children you are proud of them.

Be consistent in your love and discipline.

Reach out for information and guidance.

If you need help

Talk to a counselor about building your child's self-esteem. In an emergency, call Crisis Services, at (810) 257-3740 or toll free at (877) 346-3648, where a counselor is always available. TTY users call (810) 232-6310. © www.genhs.org