

BUILDING YOUR CHILD'S SELF-ESTEEM

THE NORMS OF HUMAN WORTH

1. PHYSICAL ATTRACTIVENESS

- Fairy stories emphasise the importance of beauty
- School performance is linked to attractiveness
- Attractive children get more attention from adults

2. INTELLIGENCE

- Every baby is "advanced for its age"
- A parent's ego is wrapped up in the school report
- Slow learners are made to feel like failures

3. MATERIAL POSSESSIONS

- Toys
- Clothes
- Pocket money

PARENTAL STRATEGY

1. SPEND TIME TOGETHER

- Time spent conveys a message of value
- Have fun together - games, outings, work
- Communicate with your children - by listening
- Hold family conferences to resolve problems
- Make time for each child on his own

2. AVOID BREAKING DOWN YOUR CHILD'S CHARACTER

- Don't "shout" at your children
- Don't demand "perfect" behaviour
- Discipline your child with love - not anger
- Admit your own mistakes - and apologise to them

3. ACCEPT YOUR CHILD JUST AS HE/SHE IS

- Avoid all comparisons - unfavourable or favourable
 - Emphasise their uniqueness
- Encourage individual development
 - Don't force them into activities that they hate
- Don't push for performance
 - Give them permission to fail
 - Let them compete against themselves

4. ENCOURAGE YOUR CHILD AS MUCH AS POSSIBLE

- Take an active interest in their activities
 - But be careful not to impose your will
- Express praise and appreciation at every opportunity
 - Link it to specific behaviour
- Promote independence
 - Put the responsibility where it belongs

ABOVE ALL

1. LOVE YOUR CHILDREN UNCONDITIONALLY

- Let them see your love, regardless of their behaviour

2. TEACH YOUR CHILDREN HOW MUCH GOD VALUES THEM

- He loves us for who we are, not for what we do