## Building Your Child’s Self-Esteem

A popular author of parenting books, Elizabeth Pantley, states that there is a definite relationship between the way you raise your children and the level of happiness and success they will achieve in life. In her book *Kid Cooperation*, Elizabeth recommends the following about building your child’s self-esteem.

Choose your words carefully. Children create their images of themselves mostly through the input they receive from their parents, particularly during their early years.

Help your children develop positive thinking skills. It is important that parents really listen to their children, and help them overcome their negative thoughts. Our world is so full of negative feedback. Parents need to arm their children with a positive attitude.

Develop your children’s best qualities. All children have talents, abilities, and areas of strength. Every individual human being has something special to offer the world, and a unique set of reasons for being valued. Parents play a significant role in determining if a child grows up with a strong sense of his or her own special gifts, and a joy in exercising them.

Praise and encourage children. Praise, encouragement, and appreciation are the desserts of life. Praise encourages your children to make improvements on their own.

Listen with your heart. Children need to know that when the whole world feels like it’s crashing down around them they have one safe, secure place to go, and one bottomless source of unconditional love.

## Soothing/Calming Activities

In her book, *Raising Your Spirited Child*, Mary Sheedy Kurcinka includes several activities for calming and diffusing children’s intensity. These include the following.

Water. Water can be a very soothing entity to spirited children.

Imagination. Most spirited kids have a wonderful sense of imagination. You can use it to help them moderate their intensity. This includes activities such as dress up and creative dramatics.

Sensory Activities. Spirited kids are very sensual and enjoy activities that allow them to touch, smell, taste, hear, or see things. Play-Doh and Silly Putty are favourite sensory activities for children of all ages.

Reading. The simple act of pulling out a book and inviting your child to read with you is all that is needed to diffuse an accelerating intensity level.

Humour. Humour is a delightful tool for reducing intensity.

Take a Break. If kids learn to take a break before they blow up, there won’t be any misbehaviour to punish. Children need to be taught what a relaxed body feels like inside.

## Suggested Reading

The following books are highly recommended.

*Raising Your Spirited Child*, Mary Sheedy Kurcinka

*Kid Cooperation*, Elizabeth Pantley

*Your Child’s Self-Esteem*, Dorthy Corkille Briggs

*Children: The Challenge*, Rudolf Dreikus, M.D.

## Next Meeting

Our meetings are held the second Tuesday of each month from 7 to 9 PM at the City Library. Donations are taken at the meeting to cover costs of refreshments. Childcare is available at the cost of $2 per hour per child.

## Planned Outings

The following outings and the cost of each are listed below.

Activity Adult Child

Science Center $5 $3

Museum of Flight $7 $4

Farm Tour $3 $1

Pumpkin Patch $2 $1

Sleigh Ride $4 $2

Tulip Festival $8 $3