

## Self-Esteem

By Mrs. Reszka, Packanack School Counselor

**Self-esteem refers to how we feel about ourselves and it is so important for school success. Children with high self-esteem can be more independent, take responsibility and pride in their abilities, can deal better with their emotions, accept new challenges, and handle problems more efficiently. Here are a couple of strategies to help build your child's self-esteem:**

1. Help your child discover who they are: promote and encourage their interests and strengths. A child who feels competent and capable will have higher self-esteem.
2. Help your child build problem solving and decision making skills-teach your child to have a successful mind-set. Ask your child "what do you think?"
3. Get your child involved-after-school sports or activities help build self-confidence and a spirit of teamwork however too many activities can be very overwhelming and exhausting.
4. Scrapbook your child's accomplishments.
5. Ask your child something they will know-feeling success from the start will set the tone for taking on new material.
6. Provide age appropriate responsibilities for your child.
7. Set challenging, yet realistic, goals, and offer encouragement to meet those goals- if you believe that your child can accomplish something they will feel that also.
8. Do not speak for your child, encourage them to have a voice and explain themselves.
9. Do not compare your child to others.
10. Praise effort, not just results-let your child know how proud you are of them, focus on correct responses on assignments and tests.
11. Do not assume that your child is unable to do something, let them try.
12. Frame feedback in a positive and constructive way.

