

How can I build my child's self-esteem?

Self-esteem is important for your child's well-being. Children with high self-esteem are likely to be more self-sufficient, responsible, and confident in themselves and their decisions. They experience a sense of trust, security, and self-worth that provides them with the tools necessary to succeed. To promote your child's self-esteem, parents should spend quality time with them completing activities that they excel in and enjoy. Allow your child to make their own decisions so that they can learn responsibility and the consequences of their actions. Parents should praise their children frequently and aid them in accepting positive and constructive criticism. Parents should be aware that too much praise loses its meaning. Focus on your child's strengths and compliment them when they least expect it.

At times, it is easy for parents to focus on negative behavior and become too critical. When your child discloses becoming frustrated with life choices, it is best to remain a good listener, offer advice and guidance when asked, and help them problem solve. School age children benefit from having chores or unique tasks to complete. Once completed, this provides them with a sense of pride knowing that they are contributing to the family.

Keep in mind that as your child enters adolescence, their self-esteem may decrease as they face new social and physical challenges. You can help aid your child through this difficult transition by preparing them for the upcoming changes. Be available for communication and reassure your children that although things are tough now, there's a light at the end of the tunnel.