

*I WANT MY CHILD TO HAVE POSITIVE SELF ESTEEM,
FEEL LOVED AND LOVEABLE*

This is the goal of all parents and good child care staff. Both need to realize that parents and caregivers play a huge role in the child's sense of self.

Parents of children with a positive view of themselves have the following ways of creating this view:

The parents accept their own self-worth-have a positive self-esteem.

The parents recognize and manage their own stress and function healthily in adversity.

They use their knowledge of development and behavior at each age to help their child.

They are accepting of their child and are focused and attentive to her/him.

They are affectionate, warm and show their emotions positively.

They are involved in their child's life-actively observing and interacting in their child's experiences, showing concern for problems and offer meaningful support.

They are consistent in enforcing the rules and encouraging when their child does so.

As the child becomes able to do so, the parent is democratic in handling inappropriate behavior:

Asks why the child did what they did.

Discuss the results of the decision-what did or could have happened.

Consider together options of what to do about this behavior.

They recognize and give the child words for the child's positive and negative feelings.

A CHILD WITH A POSITIVE SENSE OF SELF:

Feels loved, cherished, valued, secure and important in the lives of others.

Realizes he/she is a separate individual with unique feelings and thoughts.

Feels a sense of self control over some decisions (when young-which socks to wear).

Confident of her/his ability to participate in and learn activities.

Attempts new tasks with confidence.

Shows affection to familiar people.

Is curious about new surroundings.

Enjoys brief play with peers.

Communicates well when using language.

Shows enthusiasm during play.