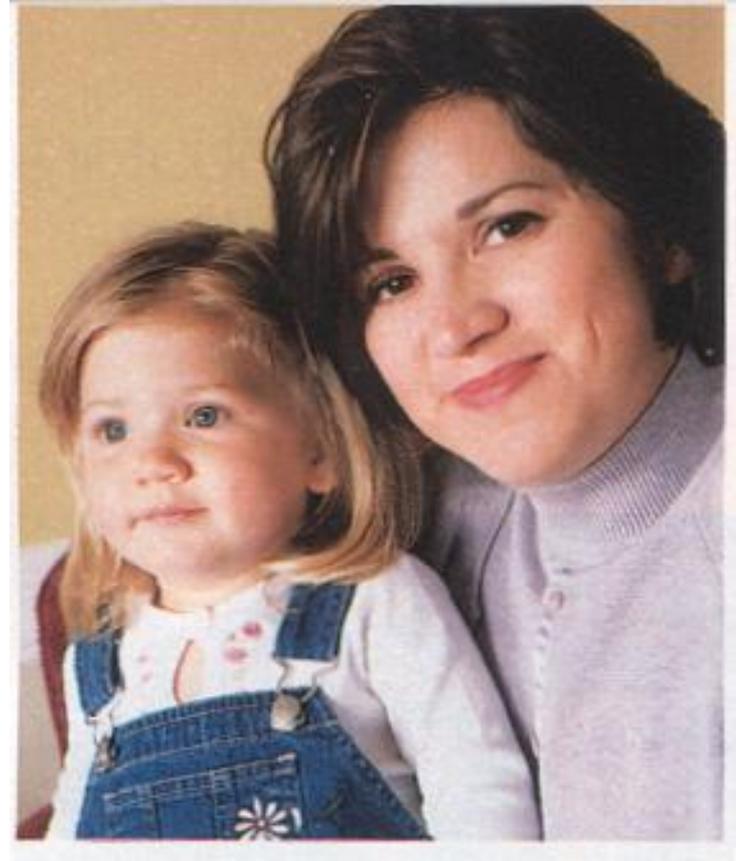


Discipline Methods to Build Self-Esteem

**Help children
learn to cope
with the
challenges in
life by building
self-esteem.**



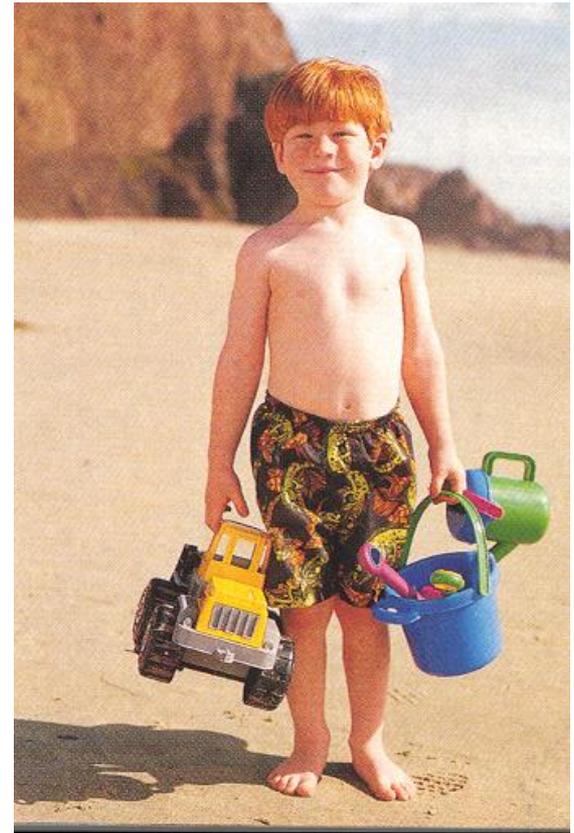
Building Self-Concept in Kids

⌘ Self-Concept:

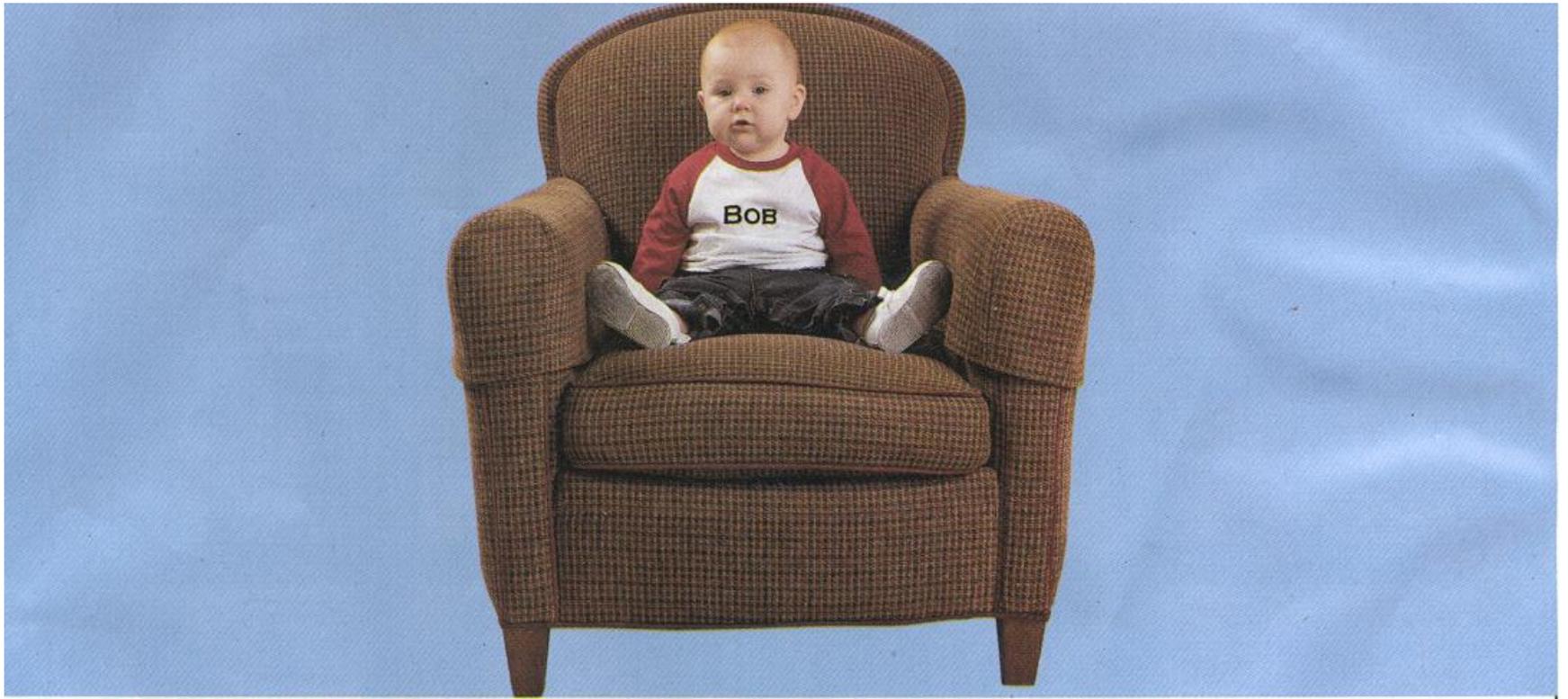
☑ How I see myself

⌘ Self-Esteem:

☑ How I feel about how I see myself



**A baby is born with a 100%
self esteem!!!**



**What happens to that self-esteem
as the child grows older?????????**



Where does our self-concept come from????

- ⌘ How others treat us.
- ⌘ Our accomplishments.
- ⌘ It mostly comes from what we THINK the important people in our lives think of us. (we allow this to guide our behavior--do not label!)



Traps: Damage to Self-Esteem

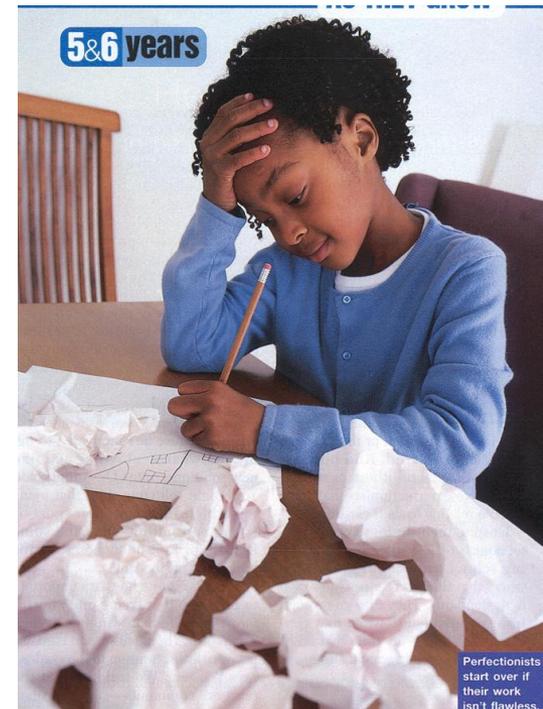


⌘ What types of challenges do kids face?

- ☑ Respect/love--disappointment, disinterest of parents.
- ☑ Older siblings can crush confidence.
- ☑ Early social blunders.
- ☑ Financial hardship or deprivation.
- ☑ Undeveloped social skills or embarrassing family characteristics.

What you can do...

- ⌘ Teach your child a NO-KNOCK policy.
- ⌘ Help Your Child To Compensate
- ⌘ Help Your Child to Compete
- ⌘ Fit **time** in schedule for your child
- ⌘ Avoid over protection and dependency.



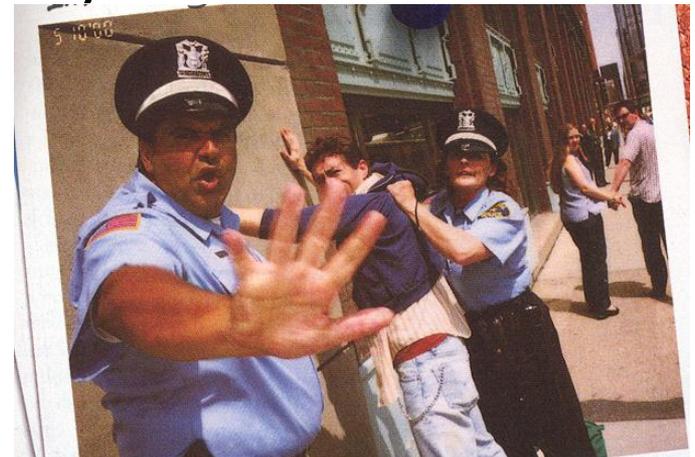
Schooling/education

- ⌘ Acknowledge effort of child
- ⌘ Encourage child's strengths- even if not related to school
- ⌘ Have realistic expectations
- ⌘ Accept mistakes
- ⌘ Help your child- show interest
- ⌘ Help child identify own goals- not yours!



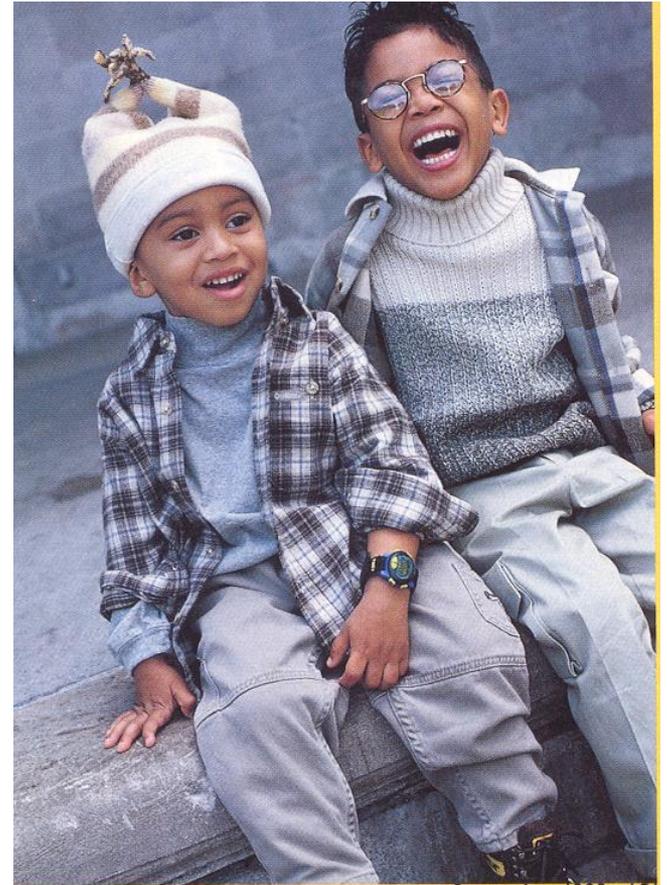
Remove the “NO” From the Following Instructions:

- ⌘ 1. Don't run with scissors in your hand.
- ⌘ 2. Don't forget your lunch.
- ⌘ 3. Don't jump in the house.
- ⌘ 4. Don't hit her again.
- ⌘ 5. Don's throw your book on the floor.
- ⌘ 6. Don't write on the wall with crayons.
- ⌘ 7. Don't play that ugly music.
- ⌘ 8. Don't act like a baby.
- ⌘ 9. Don't eat like a sloppy pig!
- ⌘ 10. Don't stay up so late!



Ways to say “Very Good!”

⌘ Check out the pages in your packet on ways to say “Very Good!”



Observing Your Children



⌘ Reasons for observing kids:

- ☑ To understand how they think, feel, behave and grow
- ☑ To get to know a child better
- ☑ To compare developmentally with kids at same age
- ☑ To identify special needs
- ☑ To assess teaching skills
- ☑ To make an effort to know the child

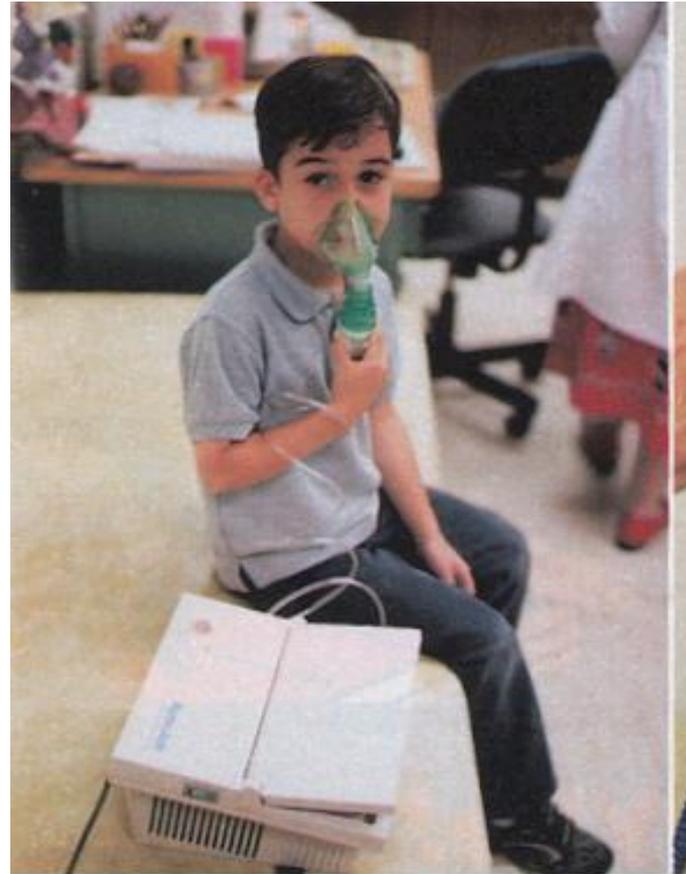
YOUR Job as a Parent....

- ⌘ Provide your child with a healthy identity during his formative years in the home.



Challenging Situations

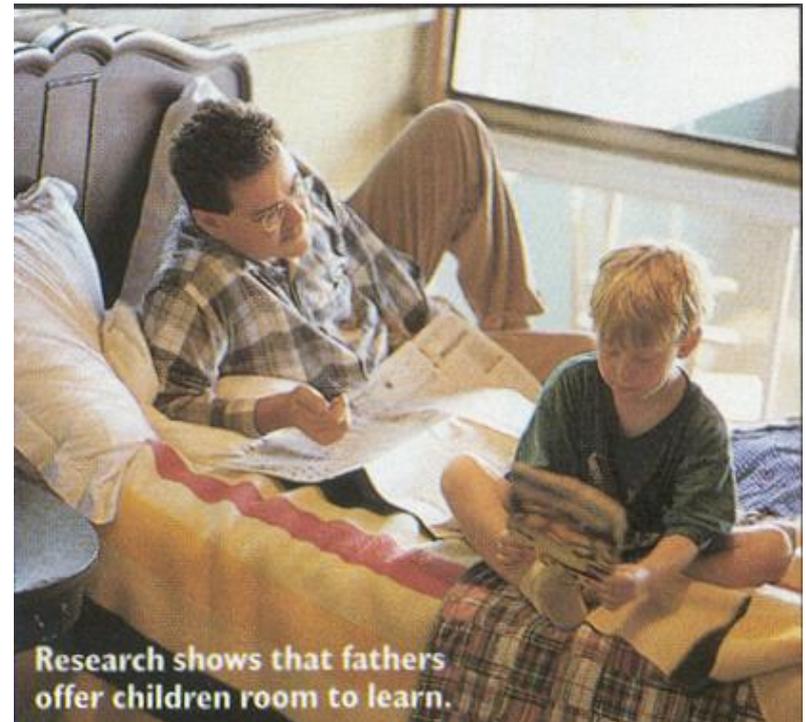
- ⌘ Divorce
- ⌘ Death
- ⌘ Abuse
- ⌘ Neglect
- ⌘ Fears
- ⌘ Power Struggles
- ⌘ Illness
- ⌘ Handicaps



Who's Raising Your Child?

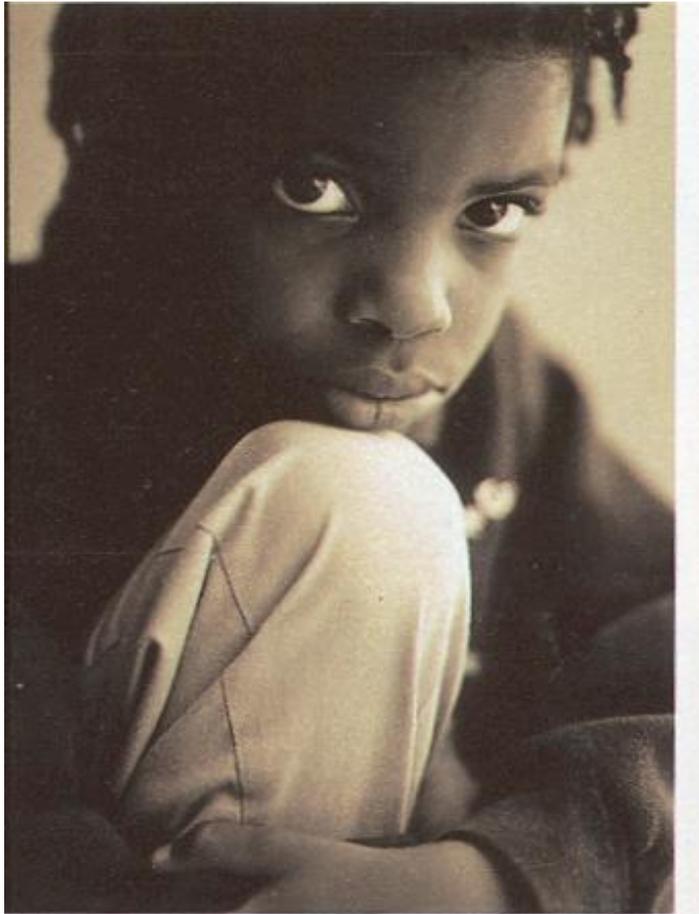
⌘ What role do the following play in raising your child:

- ☑ Television/Music/Media
- ☑ Parent/Family
- ☑ Teachers/Religion



Research shows that fathers offer children room to learn.

Child Abuse



- ⌘ Physical
- ⌘ Emotional/Mental
- ⌘ Sexual

- ⌘ Signs/Symptoms
 - ⌘ Afraid to go home
 - ⌘ Shy, withdrawn, passive
 - ⌘ Nervous, aggressive
 - ⌘ Unexplained injuries
 - ⌘ Alludes to inappropriate touching
 - ⌘ Dresses inadequately
 - ⌘ Fearful

What you can do

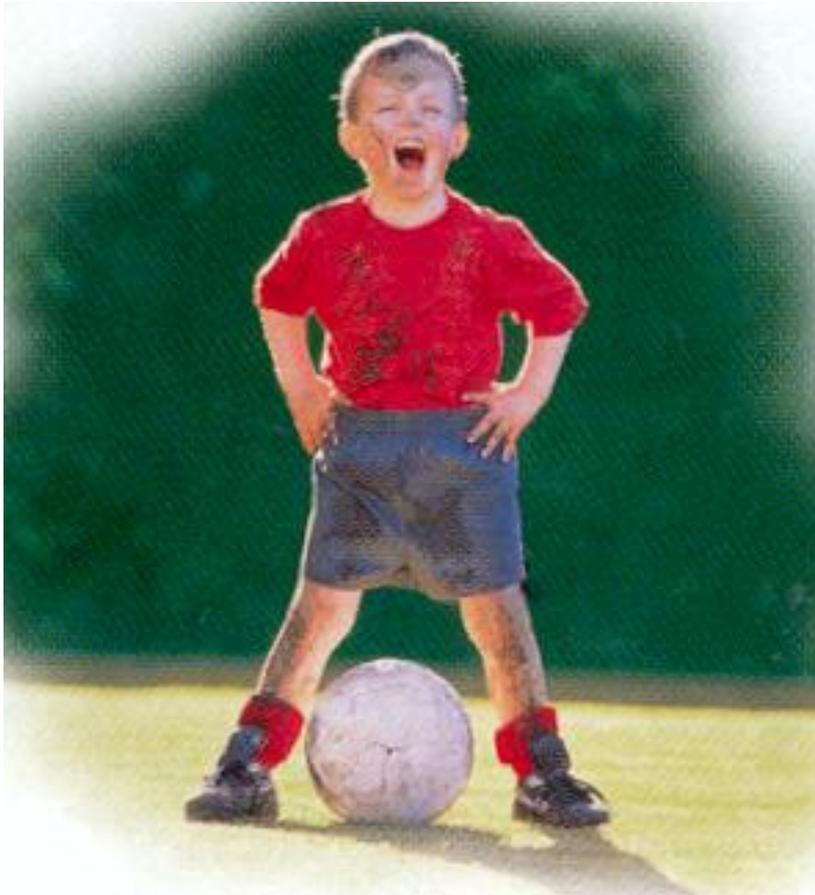
- ⌘ Alert the store manager
- ⌘ Talk with child- listen- trust
- ⌘ Report to proper authorities

⌘ Non- Abusive Situations:

- ☑ Sympathize with parent
- ☑ Compliment or praise
- ☑ Offer sympathy and help
- ☑ Quietly stand guard
- ☑ Divert the angry attention away from child



Skills to Cope



- ⌘ Communication
- ⌘ Active Listening
- ⌘ Time
- ⌘ Physical Outlets
- ⌘ Meet Needs
- ⌘ Express Love

Parenting Basics

⌘ The MOST important job in a child's life:

☑ Take time out for yourself

☑ Read a book

☑ Go on a walk

☑ Form a parent group

☑ Take classes

☑ Be human and allow children to be human

