

BUILDING A HEALTHY SELF-ESTEEM

You know you have a huge impact on your child's self-esteem, right?

Self-esteem is the way we feel about ourselves. We compare how we see ourselves, and how we believe others see us, with how we would like to be.

Encouraging your child, building their resilience, and speaking with positivity all influences their self-esteem and how they show up in the world.

A young person with healthy self-esteem is more likely to display positive behavioural characteristics and have healthy relationships with their peers.

Tips for helping your child build a healthy self-esteem:

Use compliments that are positive but believable. Help them think about their abilities and what they are capable of in a realistic way, e.g. "You are riding your bike so well for someone who is just learning."

Encourage your adolescent to 'have-a-go' at new activities. This will help them get a balanced view of all their strengths and weaknesses.

Love them unconditionally and accept them as they are. Create a safe and open environment where your child feels comfortable expressing themselves without fear of judgment. Listen actively to their thoughts, feelings, and ideas, even if they differ from your own.

(source: The Fathering Project)

LAUGHTER IS THE BEST MEDICINE

"My dream job is to clean mirrors...because I can really see myself doing that."

