

Songs 4 Teachers.com

theme-related songs and poems

**You can Help Your Child Build Self Esteem
And Create a Feeling of Self Worth
As Well As...
HAVE FUN TOGETHER!**

Lesson 1 – Building Self-Esteem and Self Confidence

Please share this information with colleagues, family and friends.



Songs 4 Teachers.com is pleased to announce that we've partnered with 4lifehappykids.com to bring you this important information

"These books are fabulous resources. Exactly what parents, grandparents, classroom teachers or anyone who loves children, needs. I believe in the idea that children can benefit from learning Universal Principles, just as adults can.

We need to be helping our children to evolve. In fact, it's our responsibility."

Mary Flynn - owner www.songs4teachers.com and www.character-kids.com

**Today's Good News -
You can Help Your Child Build Self Esteem
And Create a Feeling of Self Worth
As Well As...
HAVE FANTASTIC FUN TOGETHER!**

Lesson 1 - Building Self-Esteem and Self Confidence

You are the MOST important influence in your child's life. Your kids just love it when they have time with you. You know that they will do anything to please and impress you, given half a chance. What you say and do with them is..... well, read this little story

First I want to tell you a story about a boy I know:

Jackson is my brother-in-law's nephew. He is just turned 10. Jackson is a boy soprano, and as a member of the highly esteemed Australian Boys Choir has travelled with them in the last 12 months to perform in New Zealand and Los Angeles and New York (stayed at the Waldorf Astoria). Jackson has also had a part in the musical Carmen in a major Melbourne theatre. Pretty exciting stuff! At school his class was asked to write what was the best thing they had done this year.

Jackson's answer: Fixing up my bike with my Dad

I've heard Jackson's Dad in action. Gary praises lots of little things that Jackson does. He praises him in front of others. Of course he tells me all about his singing, but Gary also tells me about Jackson's ideas, and how kind he is. He talks about how he tackles problems and how he helped his sister. Little ears are flapping nearby, and his face glows. No wonder Jackson loves to spend time with his Dad. And Jackson's self esteem soars.

While researching and writing Go for Your Goals – building self esteem and confidence was a major consideration.

Here's Some Fun: A Self Esteem Building Activity

Depending on the age of your child you can plan a fun activity which will build self esteem and confidence. It can be something really simple for a younger child. It's all about the praise and focusing on your child.

Think up a fun thing to do with your child – just you and her alone.

Something you will both enjoy. Make it a goal between the two of you. It could be making a fish pond in the yard, making a movie about your family for Grandma, going for a hike in the woods or cooking Mexican food for the family.

As you plan together – ask her opinion of what you could do. Of course give some suggestions – but take hers into consideration and let her decide, and praise the idea. = **I have good ideas = I am clever and creative.**

When you listen; listen to her with your full attention.

Stop what you are doing and look her straight in the eye. Ask questions that show you are really 'with her'. = **I am worth listening to, I have something to say.**

Does it really matter what you do together – as long as it is feasible? Listening to her opinion and being prepared to change your own after her comments gives her a sense of worthwhile ness. **My opinions matter! = I matter!**

Let's say you decided on cooking Mexican food for the family for Saturday night.

First you could look up recipes on the internet or at the library. Let her choose, and ask why she wants those dishes. "Ah, that's a good idea", or "Yuk, apples with chillies, you've got to be kidding!" (and have a huge laugh about it). **My Dad thinks I am really funny, I can make him happy. I am pretty good really.**

While she is looking for recipes, make comments like: "Yes, Mom will love that; how thoughtful of you" = **I am really thoughtful.**

Plan together

Plan the shopping list. As she writes it down guide her through the recipes if needed; say "You have covered everything, well done." = **I am thorough = I am great**

Plan the table and décor together. It may be that she could make some invitation cards for Mom, her brother and grandparents – with a Mexican theme. Or she could write a menu for the table. “Wow, they are gorgeous, what a terrific idea.” = **I am creative = I am clever**

Cooking and setting the table, choosing music for the evening together”What a great idea”, or “What a great choice” or “That looks fantastic” = **I did a really good job. Notice her strengths and comment on them.**

Don’t forget in the planning to figure out in advance between you who is going to wait on table and who is going to clean up afterwards.

You get the idea. You simply cannot praise your child enough.

It’s the little things that you observe and comment on. It might sound a bit corny to our ears, or seem like overkill, but praise, praise, praise in lots of subtle ways just builds and builds self esteem and confidence with your child. And every now and then you can drop in a gem about how important they are to you. As you drive to the supermarket tell her again about the day she was born, and how thrilled you were. You can tell her this a thousand times, and she will never get sick of it. = **My Dad loves me = I am important to him = I am okay**

Set achievable goals

Another point, make sure you set a goal together that is going to be achievable for you together – one that she will be able to pull her weight. Don’t let her get out of her part in the plan, and end up doing things yourself. Keep her to her commitment = I can be relied on = I am responsible. We do our children no service at all when we allow them to get away with things.

When it’s all over, praise her in front of the family, and tell them all the things she did and thought of. Notice the little things that made a difference. Even take a few photos to make a collage together of your Mexican Dinner with big words of praise on it – FUN - GREAT FOOD – THE WORLD’S BEST COOK - YUMMY. I’ll bet she will pin it up on her wall and treasure it.

Find a fun goal to work on together

For lots of ideas take a look at pages 5 to 7 in your e-book Raising Happy Kids.

Building self-esteem and self confidence is about making our children feel worthwhile. When they feel good about themselves they are full of confidence and their self-esteem is high. They are ready to take on the world. When you value your child, he values himself. The way we communicate with them is crucial in building their self-esteem. You can show how much you value them in all the ways that you communicate with them. Everything else follows on from a high self-esteem. Kids with high self-esteem are happy kids.

When you show faith in their abilities in so many little ways, and when you support them and treat them respectfully, they feel a sense of security in their own capabilities and worthiness. Self-esteem is an important part of happiness; they can master their own lives free from uncertainty and worry.

While researching and writing Go for Your Goals – building self esteem and confidence was a major consideration.

