

# Developing Self Esteem

Telling children that they're the best doesn't build self-esteem. So how do you build self-esteem?

Remember your worth is not defined by what you achieve or acquire. It's defined by who you become, how you contribute to others.

ALSO self-esteem comes from your character, not achievements or external approval. Being secure with yourself means having an internal understanding of your own competence, character, values, and worth.

With that in mind here are 4 ways help build a child's self-esteem

## **1. Acknowledge Effort,**

1. Not Just Results: Focus your praise on the effort and hard work your child puts into their activities rather than solely on the final outcomes.
2. Praise the effort and the action while understanding the emotion.
3. This reinforces the value of determination and perseverance, not being outcome-focused.

## **2. Avoid Excessive Praise:**

1. While praise is important, be mindful not to overdo it.
2. Overpraising can lead to a sense of entitlement or pressure to constantly seek external validation.
3. So make sure not to praise by telling them what they deserve or they are entitled to.
4. Balance your praise to maintain authenticity.

## **3. Encourage Taking Risks:**

1. Allow your children the freedom to take calculated risks and make choices.

2. This fosters independence and self-confidence, as they learn to navigate challenges and consequences.
3. Allowing them to take calculated risks and make choices will lead to realistic challenges or setbacks that will foster growth.

**4. Embrace Struggles with a Growth Mindset:**

1. Understand that challenges and setbacks are a natural part of learning and growing.
2. Encourage a growth mindset in your child by helping them see struggles as opportunities for improvement and resilience.
3. Embracing struggles with a growth mindset helps you develop resilience and adaptability.