

## Building Self Esteem In Children

Instead of Evaluating  
(Good....Great...Fantastic!)  
Describe



1. Describe what you see.

“I see a clean floor, a smooth bed and books on the shelf.”

2. Describe what you feel.

“It is a pleasure to walk into this room!”

3. Sum up the child’s praiseworthy behavior with a word.

“You sorted out your legos, cars and farm animals and put them in separate boxes. That’s what I call *organization!*”

## How to Free Children from Playing Roles

1. Look for opportunities to show the child a new picture of himself or herself.

“You’ve had that toy since you were three and it almost looks new!”

2. Put children in situations where they can see themselves differently.

“Sara, would you take the screwdriver and tighten the pulls on these drawers?”

3. Let children overhear you say something positive about them.

“He held his arm steady even though the shot hurt.”

4. Model the behavior you’d like to see.

“It’s hard to lose but I will try to be a good sport about it. Congratulations!”

5. Be a storehouse for your child’s special moments.

“I remember the time you...”

6. When your child acts according to the old label, state your feelings and/or expectations.

Some common roles are complainer, crybaby, destructive child, sore loser, unorganized child, trouble maker...

