



# Baby 'N Me

## Self-Esteem

### Notes from Jean Illsley Clarke

Self-esteem is a deep respect for your own life. It is not competitive or grandiose. My self-esteem has nothing to do with you.

You can't give children high self-esteem, but you can set the table for them. You can let them know they are loveable and capable. It's not cheerleading. It's inviting people to be who they are instead of stamping a program onto them.

#### **Four factors affecting self-esteem**

1. Fate: the circumstances surrounding birth, family, genetics
2. Positives in life
3. Negatives in life
4. Decisions we make about those circumstances

#### **Ways to foster self-esteem in our children**

- Take care of ourselves. Model self care.
- Learn child development. Love isn't enough if you don't know what is appropriate for certain ages.
- Have a variety of tools to help give encouragement. Affirmations. Touch.

#### **From Anne Cassidy: *The Secret of Family Self-Esteem***

1. Family members treasure their home, and each feels he has a personal stake in it.
2. Parents are organized so the family isn't always playing catch-up.
3. Plenty of good food is available.
4. Family members avoid excessive criticism and focus on strengths.
5. Family members believe in each other, in both good times and in bad.
6. Parents and kids respect one another as individuals.
7. Family members are affectionate to one another.
8. Parents cultivate their marriage.
9. Parents have some friends of their own.
10. By appreciating the family's heritage, parents give children a sense of belonging to a larger, special community.
11. Family members make time to have fun together because they know it's important.
12. The family has traditions everyone enjoys.
13. Parents bolster their own self-esteem.