



Baby 'N Me

You and Your Unique Child

In this competitive world, it is difficult to keep from wanting your child to be best. We say we want “the best” for our baby, but sometimes we place too much emphasis on external measures such as how they perform for others, how soon they walk, or which expensive toy, book, or accessory they own. If we truly want “the best” for our children, we will do everything we can to ensure that they have high self-esteem. When a baby, child, adolescent, or adult has a clear picture of themselves as a unique individual who is competent and able, then they can surely be their “best.”

As parents of young babies, we are their mirrors. We tell them who they are by our words, facial expressions and touch. We have the opportunity and duty to tell them they are lovable no matter what. With our whole bodies, we can tell them we love them just the way they are. They do not have to perform for grandma and they do not have to hurry their development.

Some babies are more irritable, less flexible, and more intense than other babies. They are high-need babies and can be exhausting for a parent. How do you tell a screaming baby he is lovable when you are ready to tear your hair out? You don't. You put that hour or day in the “bad day” department and **forget** it. Look at your overall relationship with your baby. The process is what is important, not each step. Your child won't remember each day, but rather the feeling and tone of all the days put together. It's not so much what you do, but who you are. You and your baby are a system. You can dance together or you can fight each other. It is up to you, the parent.

Above all else, enjoy your baby. Revel in his or her growth and development. Learn child development so you can get through the difficult times with understanding.

There is not another human being in the whole world who is exactly like your child. Treasure that uniqueness.

Further Reading

Briggs, Dorothy Corkille, *Your Child's Self-Esteem: The Key to His Life*, Doubleday, 1970

Rogers, Fred, *Mister Roger Talks With Parents*, Berkley Books, 1983

Thoman, Evelyn & Sue Browder, *Born Dancing*, Harper & Row, 1987