

BOOKS FOR CAREGIVERS

Exercising Your Way to Better Mental Health by Larry M. Leith, 1998. Morgantown: Fitness Information Technology Inc. www.fitinfotech.com

Kids Are Worth It by Barbara Coloroso, 1995. Avon Books.

New Beginnings: Skills for Single Parents and Stepfamily Parents by Don Dinkmeyer, Gary McKay and Joyce McKay, 1987. Waterloo: Research Press.

The Pit Manual: A guide for individuals interested in starting and maintaining a community support group for parents of troubling young people by Donna Culbert and Judy A. Kennedy, 1999. Toronto: Counselling Foundation of Canada, The Foster Hewitt Foundation and Parents in Transition.

The Six Vital Ingredients of Self-Esteem and How to Develop Them in Your Child by Bettie Youngs, 1991. Don Mills: Maxwell, Macmillan.

BOOKS FOR TEACHERS

Achieving a Positive School Climate by Building Self-Esteem by Maynard Snyder, & Dave Schlei, 1990. Kitchener: Waterloo County Board of Education.

Good Morning Class - I Love You! Teaching from the Heart by Esther Wright, 1989. Torrance: Jalmar Press.

The Six Vital Ingredients of Self-Esteem: How to Develop Them in Your Students by Bettie Youngs, 1992. Rolling Hills Estates: Jalmar Press.



Nurturing a Child's Self-Esteem



Self-esteem is formed at a very early age, as children begin to gain a sense of belonging and acceptance in our world. The respect, love, and confidence that is shown to children by the significant adults in their lives become the basis on which they form their sense of worth.



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SELF-ESTEEM: A DEFINITION

Self-esteem is “the degree to which individuals feel positive about themselves.”



CHILDREN WITH POSITIVE SELF-ESTEEM HAVE A SENSE OF:

• Security

They feel loved, safe, comfortable, know what to expect and understand limits.

• Identity

They feel loveable and capable. They know their strengths as well as their limitations.

• Purpose

They have the courage to try new tasks, expect to succeed, stay with tasks to completion, are motivated and work towards goals.

• Sense of Personal Competence

They make independent decisions and appropriate choices. They are internally motivated, optimistic, responsible and able to cope with life's inevitable changes.

These are the stages of developing self-esteem. A sense of personal competence will not be achieved without passing through the earlier stages.

Research indicates that **self-esteem** is a key factor in:

- academic achievement,
- creativity,
- leadership,
- social relations and
- future success.

WHAT CAN CAREGIVERS DO?

- Encourage children by building on their strengths.
- Show love by spending quality time with them.
- Set a good example. Be a positive role model.
- Enhance their sense of belonging by providing opportunities for them to spend time with other children in play.
- Acknowledge that friends are important.
- Help children to feel capable by experiencing learning through their successes and mistakes.
- Focus on children's behaviour. Separate the “deed” from the “doer.”
- Offer fair, reasonable consequences.
- Be consistent with expectations and limitations.

