



Welcome

Strengthen your child's
self-esteem

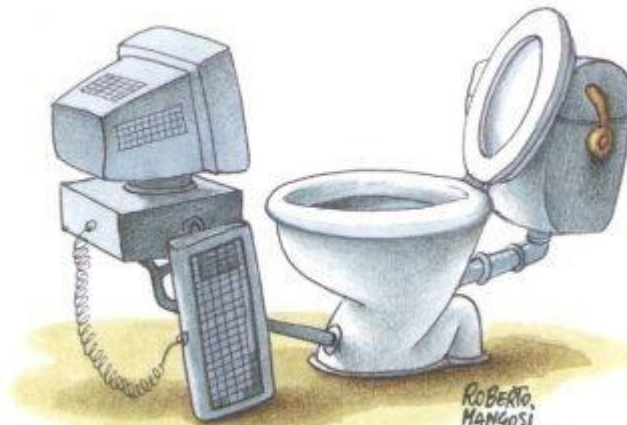
by Kristin G. Haug

Self-esteem

- Healthy self-esteem = immunity to



No I am NOT addicted!!!

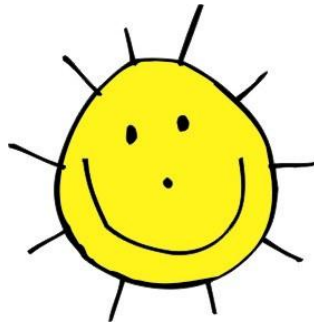


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Self-esteem



- The seed of self-esteem



Self-esteem

- In a family self-esteem is equally important !
- It is never too late
- Cooperation, to be open, and interaction are necessary
- The difference between confidence and self-esteem



Confidence

- I know this
- I am good at this
- I am capable to achieve this



The better I am, the more confident I get
– on certain areas

Confidence

Input:

- Constructive praise and critics
- Support and encouragement

Help :

- Practise and training
- Coaching
- Constructive feedback



Confidence and self-esteem

- No correlation
- High confidence but unhealthy self-esteem
- Healthy self-esteem give less problems regarding confidence



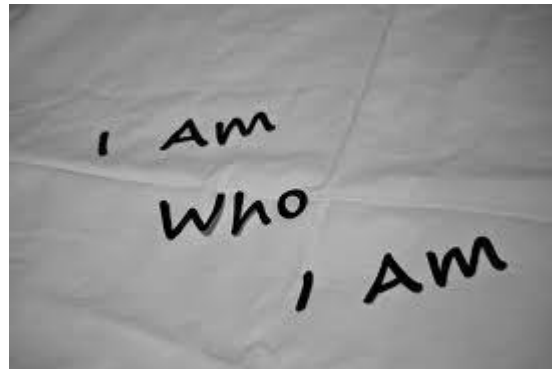
Unhealthy self-esteem

- Difficult to find your right size together with people
- Jealousy, slander, egocentricity, anxiety, do things you know how instead of what you want, afraid of being exposed, feeling ugly or stupid.



Self-esteem

My self-esteem is not about what I can do, but who I am and how I feel about being like I am



Self-esteem

- How much do I know about my self?
- The interest parents take in their child for who they are
- Trust the parents opinion 120%
- Example: Food situation



Healthy self-esteem

- When you got a **down-to-earth, varied and accepting** relationship to your self



Development of self-esteem

- Mutual process
- The experience of having value to others just being who you are
- Talk and explore
- Loyalty and cooperation
- Parent style

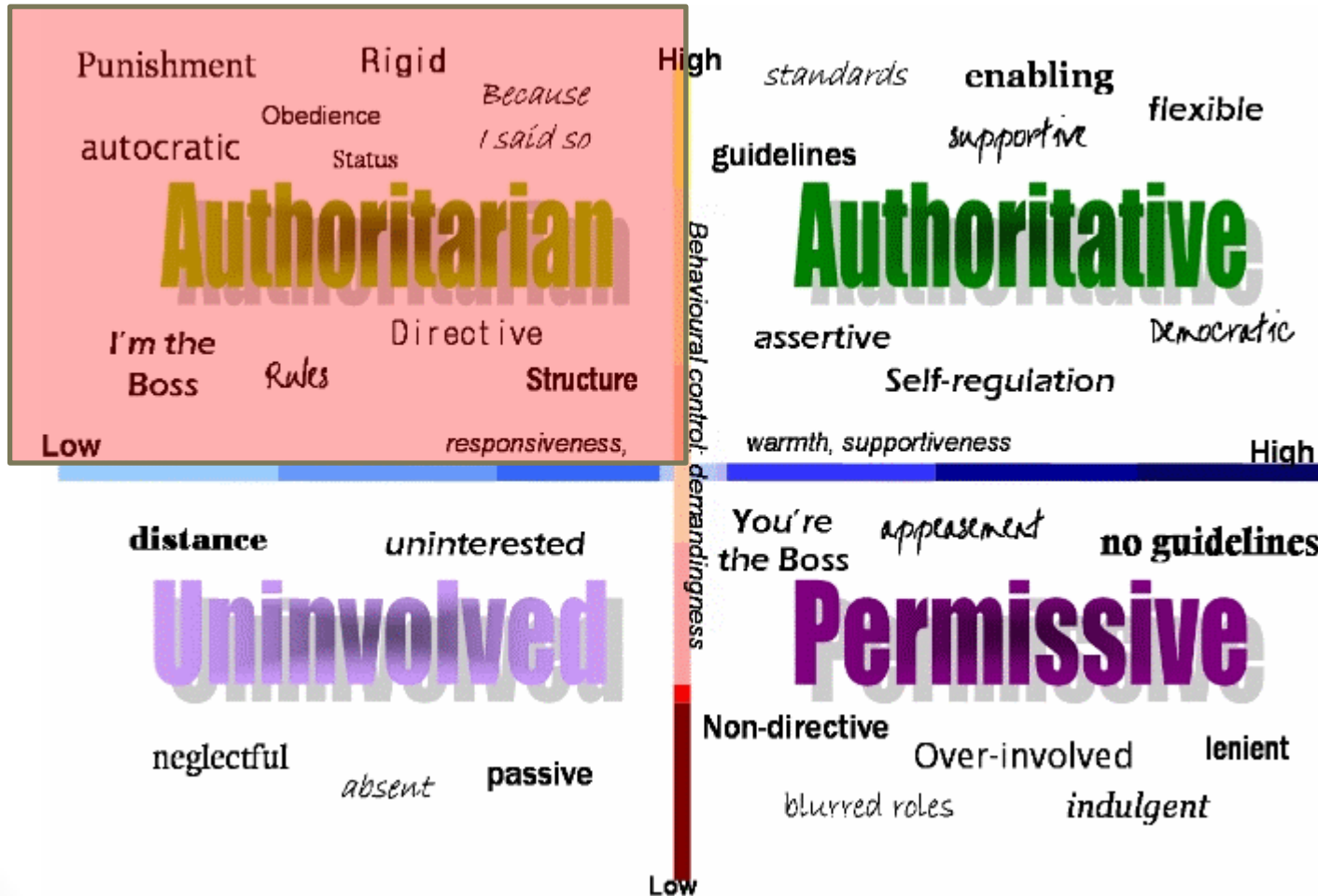


Relationships



- How relationships make an impact on children's development of self- esteem
- Equal worthy but not equal in responsibility
- Relational competence is the ability to 'see' the child on its own terms and adjust behaviour according to this, without giving up the leadership.
- Difference between parents and others - like teachers.
- The challenge for parents today

Parents styles



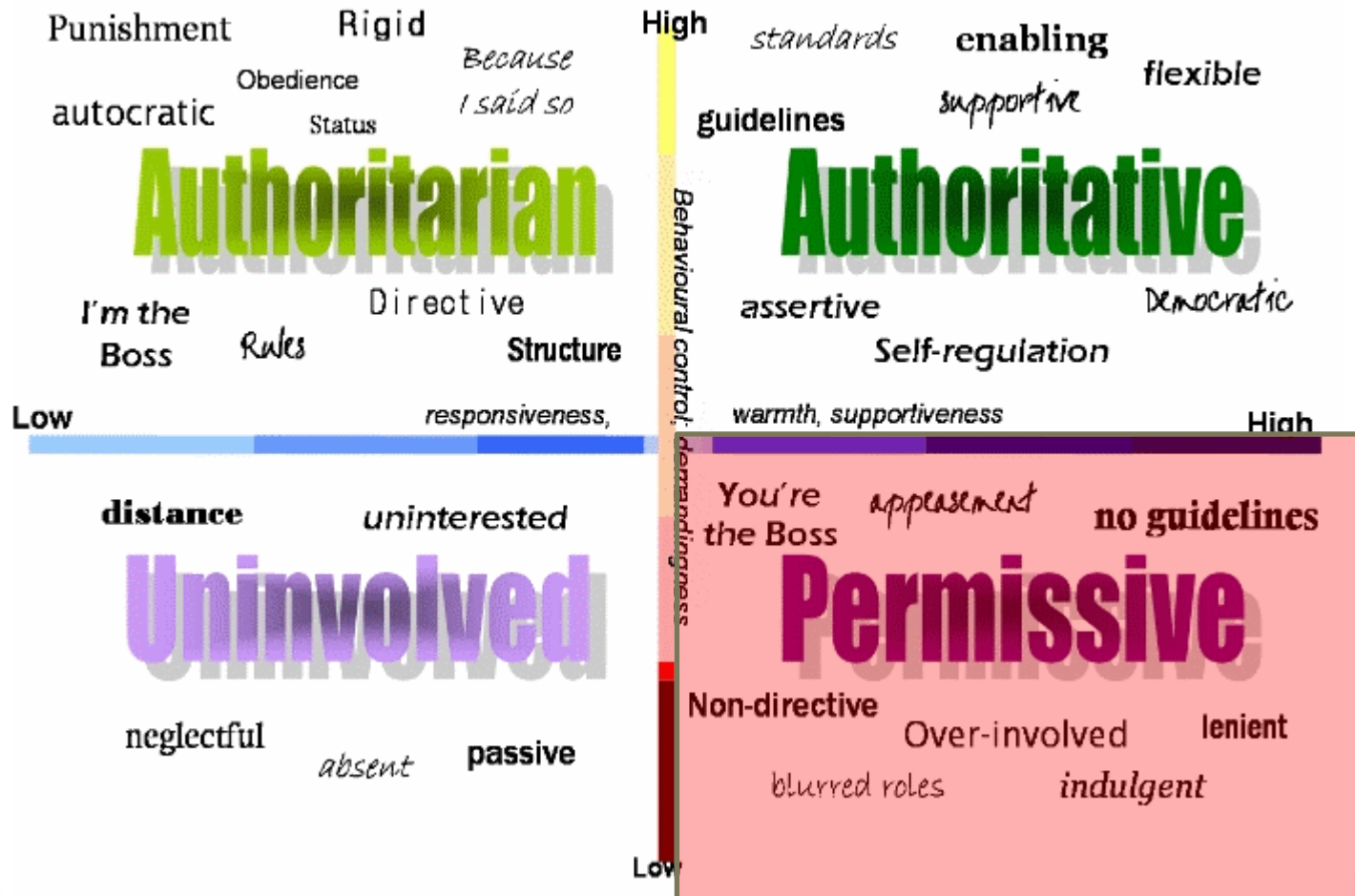
Authoritarian

- obedient children
- «you must» «you are»
- Your feelings are subordinated
- External controlled
- Loses who you are
- Sorrow, tired and depression as grown ups



This parent style is out of date!

Parents styles



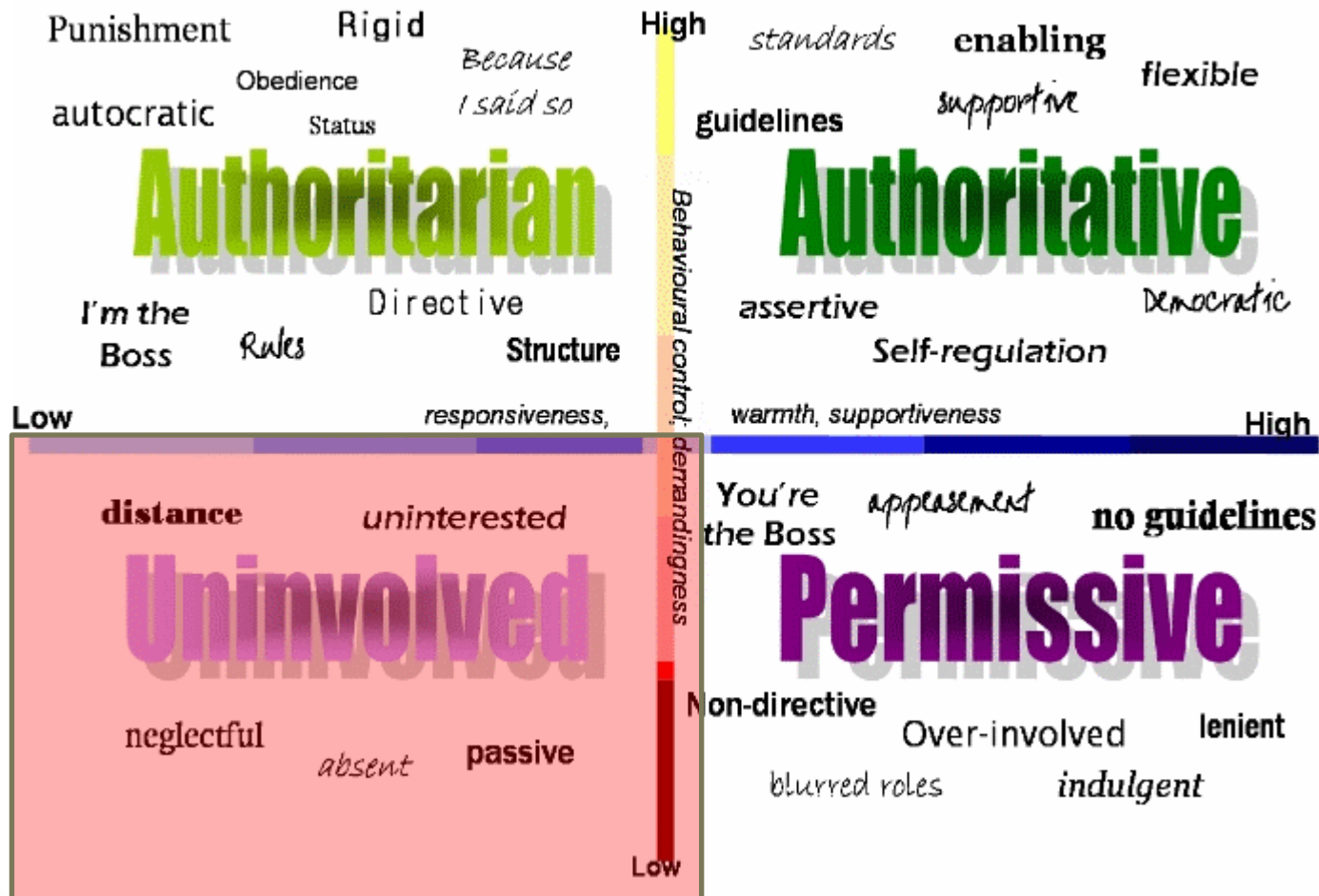
Permissive

- Those who grow up with authoritarian parents
- You learn your needs are most important
- Damages to empathy skills
- Loses faith in own skills to interpret people
- Lonely, unsure, unsecure
- Children know what they want but not what they need
- Bigger damage than with the authoritarian

This is increasing!



Parents styles



Uninvolved

- Occupied by themselves
- Parents ignore boundaries and needs
- All time or in periods
- Loses faith of being worth anything to anyone
- “Løvetann“-children
- Worst damage to self-esteem



The enemies

- Physical and mental violence, sexual abuse
- Adult power of definition /Invasion
- Criticism
- To be your parents project
- Over protection – to never let the child try for it self.

Signs:

When not feeling valuable

Irritation

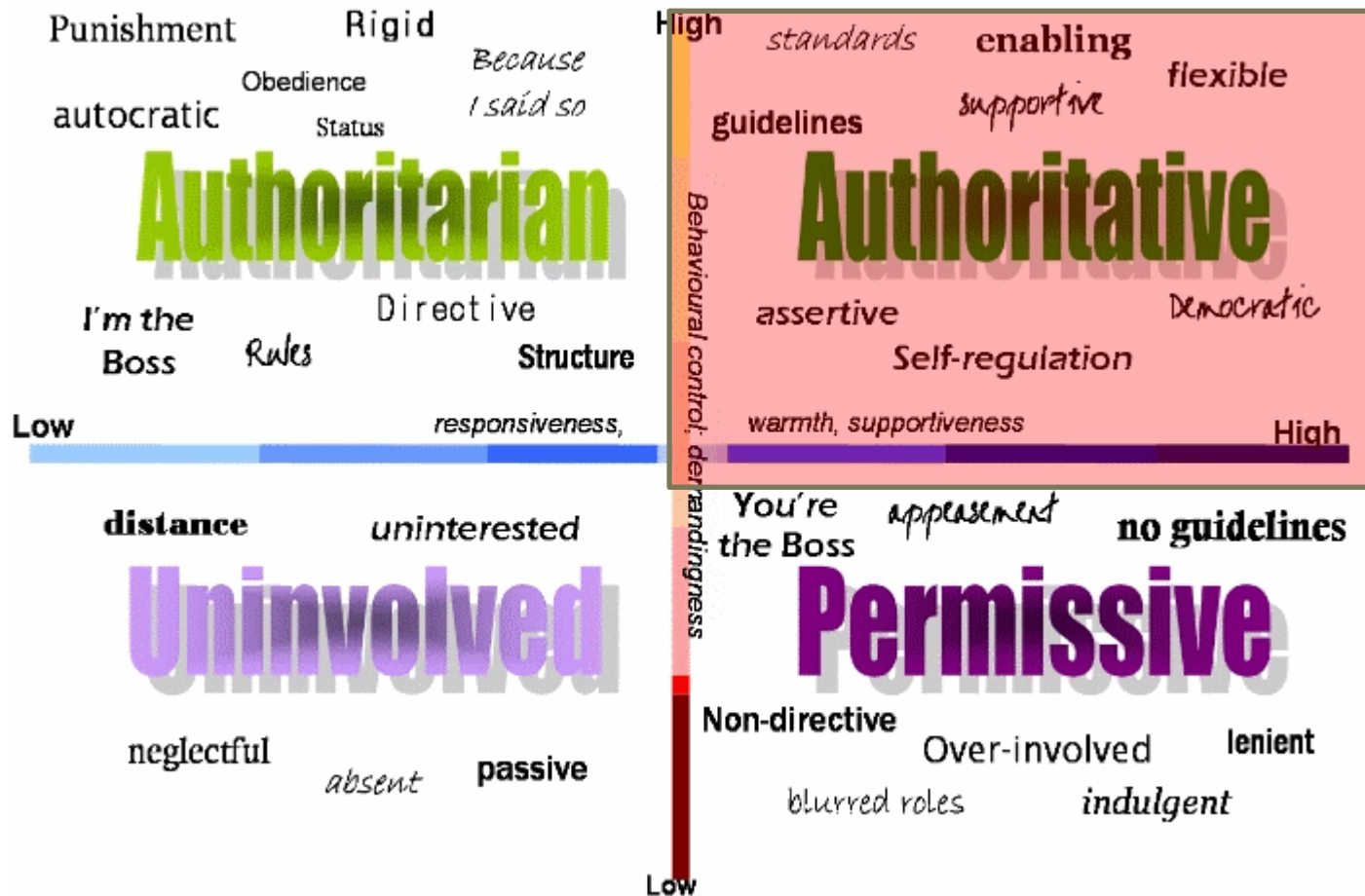
Frustration

Anger

Depression



Parents styles



Authoritative

- The parent focus on their own and the child's boundaries and needs, and these are optimally favoured
- Faith in children's responsibility
- Help children to see themselves
- It feels good to be me with you

Strengthen your child's and your own self - esteem



Authoritative

- Personal language
- Personal boundaries
- No - with good conscience
- Acknowledgement of feelings
- Active listening
- Personal feedback instead of evaluation
- Tell what you want
- Pick your fights

Personal language

- Start your sentence with I
- Describe *your* experience
- Subject – subject

- Children learning: It is ok to express my will, I am allowed to have my opinion.

- Examples:
- I can see you think it is funny to throw food on the floor, but I don't want you to do that.

- I can see your top is fashionable, but I do not like it.

- I am sad about the letter I got from school. What do you think about it yourself?

Personal Boundaries

- Take responsibility for the situation
- Say what *you* think and what *you* want
- Check with your heart

- Children learning: It is ok to express my boundaries, I rather respect my parents boundaries

- Examples:
- I don't want to play with you now, I want to make dinner

- I have noticed that you want to do things slowly in the mornings. Today I am in a hurry so I want you to help me.

- I don't want you to play with my computer

You are the leader

- Separate want from need
- To allow them to express them self do not mean they can have it their way
- To take responsibility for the situations



“No”

- A full sentence
- To say no to the child is to say yes to yourself
- Need rejections to take rejections
- Do not ask question if it is no alternative answer
- Respect the no from your child

- Children learning: It is ok to say no, to respect your boundaries, to set boundaries when grown-up

Acknowledgement of feelings

- You *are* your feelings – if you see the feelings you see the child
- Calms the child
- Also big ones...
- A language for feeling
- Feelings as a compass
- Do not ask why



Teaching and tantrums are like oil and water

- Talk when calm
 - Listen
 - Make plans
 - Take responsibility
 - Tell what happens if...
 - Check with your heart
 - Be creative
- Pick your fights



Active listening

- Eye contact
 - Down to the child's level
 - Repeat words
 - Open questions addressed to the experience
 - Physical contact
- What is your world like?



Personal feedback instead of evaluation

Personal feedback

- I see you
- I tell you my opinion
- I give you feedback on what you do instead of who you are

Evaluation

- Good, bad
- I define you in general terms
- I am in a position to evaluate you regardless to your intension
- My feedback is to who you are.

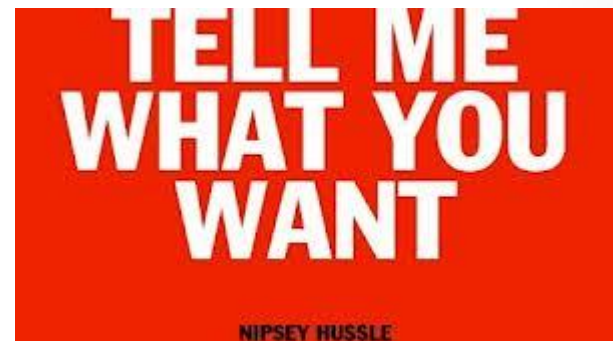
Tell what you want

- Do not...

How many times do you tell your child what you don't want him or her to do?

Children hear the action...

“Do not put that in to your mouth”



The best you can do regarding your child's and your own self-esteem:

- Give personal feedback
- Help children to have a language regarding feelings
- Tell your children they enrich your life and make you learn about yourself
- Be interested in your child's inner life and experiences
- Acknowledgement
- Say thank you



Brené Brown

- You are imperfect and you are wired for struggle but you are worthy of love and belonging

