



Your Child's Self-Esteem

What is Self-Esteem?

Your child's self-esteem is simply how "good" he/she feel about him/herself. These feelings come from the perception that they are valued and accepted by people who are close to them.

How is your child's self-esteem?

Children with high self-esteem:

- ☉ make friends easily
- ☉ show enthusiasm for new activities
- ☉ generally control their behavior
- ☉ play by themselves and with other children
- ☉ like to be creative, have their own ideas
- ☉ are happy and full of energy
- ☉ talk to others with little encouragement

Children with low self-esteem say:

- ☹ "I can't do anything well."
- ☹ "I know I can't do it."
- ☹ "I know that I will fail."
- ☹ "I wish I were someone else."

Try to avoid...

- X Expecting too much or too little.
- X Critizing alone or in front of others.
- X Calling your child names (stupid, lazy).

X Overprotecting or neglecting.

What you should do...

- ✓ Develop attachments in infancy, instill love, acceptance, and trust.
- ✓ Help your child in developing good relationships with peers.
- ✓ Ensure your child that you support and accept him even if peers do not.
- ✓ Involve your child in meaningful activities that offer some challenge.
- ✓ Treat your child respectfully. Ask their views and opinions, take their views and opinions seriously. Given them opportunities to make choices.
- ✓ Help your child cope with defeats, rather than emphasizing constant success.
- ✓ Show interest in your child's activities, projects, and problems.
- ✓ When correcting your child, tell him or her what to do, instead of what not to do.



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPIY (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

Parent Support Series, Parent Tip Sheets, #2: Your child's self esteem.

© 1999, Tampa, Florida

This is a publication of the Florida Center for Parent Involvement which was funded by the U.S. Department of Education. The opinions contained in this publication are those of the grantee and do not necessarily reflect those of the U.S. Department of Education. All or portions of this work may be reproduced providing the Florida Center for Parent Involvement, Louis de la Parte Florida Mental Health Institute, University of South Florida is properly credited on all reproductions.

Events, activities, programs and facilities of the University of South Florida are available to all without regard to race, color, marital status, sex, religion, national origin, disability, age, Vietnam or disabled veteran status as provided by law and in accordance with the University's respect for personal dignity.

**University of
South Florida
USF**