

## Parenting Tips from a Play Therapist

Taken from *Child Parent Relationship Training* by Sue Bratton and Garry Landreth



# PARENTING TIP 4

## ENCOURAGEMENT BOOSTS SELF-ESTEEM

### children need encouragement!

Encouragement focuses on the process not the product. It acknowledges effort, contribution, progress, and character qualities. Instead of, "You played great!" after a baseball game, focus on, "You worked hard." This is a richer experience for the child and boosts their self-esteem. Plus, encouragement will always be true. Handout includes more specific examples.

### homework

determine your child's confidence in 4 key areas and strengthen weaker areas

### main topics



#### encouragement vs praise

Focus on the process not the product.



#### evaluate your child's self-esteem in 4 key areas

Intentionally do activities to support your child's weaker areas of self-esteem.

# 4 ESSENTIAL AREAS OF SELF-ESTEEM

Taken from *Encouraging Parents Courageous Children: The Crucial Cs Handbook* by Dr. M.L. Bettner



## Courage

**Courage is the willingness to try new things without a guarantee of success.** Children with courage feel **hopeful**. They are willing to take risks and believe they can handle challenging situations. They are resilient. Children who do not have courage feel inferior to others and inadequate. They do not take risks and tend to give up without trying. They frequently avoid challenges.

## Count

**To count is the belief that you are valuable and special without having to earn love or worthiness.** Children who feel that they count **believe that they make a difference in the world** and that they can **contribute** in some way to others around them. They feel valuable and valued, and they believe that they matter. Children who do not feel as though they count feel insignificant. This belief is painful to them, and they may react to their feelings of hurt by trying to hurt others. Many children who feel that they don't count may give up, try to intimidate others, or overcompensate by acting superior.

## Connection

**Healthy connection is the desire and ability to build relationships with other people.** Children who connect with others, feel secure, are able to cooperate, and can reach out and make friends. They **believe they belong**. Children who do not have the skills necessary to connect will feel isolated and insecure. They may seek negative attention in order to feel that they have a place in the group or family.

## Capable

**Capable is the belief that you are able to master ideas and skills.** Children who feel capable have self-control, and self-discipline. They are self-reliant and **assume responsibility for themselves** and for their behavior. They believe they can do whatever they set their minds to doing. Children, who do not feel capable, frequently feel inadequate and try to control others or let others know that they cannot be controlled. They frequently become dependent on others or seek to overpower.

Which area is your child's strongest? Which area is weakest for your child? Ask Denise for a list of suggested activities to improve your child's weakest area.