

Other advice for parents to raise their child's self-esteem

“ An important element in learning self-esteem is the way you teach discipline. When the child isn't listening because he's absorbed in his playing or wouldn't answer, it's important to keep calm and, being near him, to touch him gently and, looking into his eyes, repeat to him what you want from him. Keep a calm but firm voice. When the child does what you've asked, express your enthusiasm, turning the event into a pleasant lesson.

Helping the child to develop his self-esteem, you help him become a more conscious adult, more creative, aware of the consequences of his own behaviour.

If the parents humiliate the child, especially in front of others, if they banish or punish him, his self-esteem will be seriously affected, creating patterns of devaluation and self-blame, fear of being abandoned.

Many parents have a low self-esteem themselves, a pattern learned when they were children. The good news is that self-esteem can be shaped and consolidated at any age, provided you want to learn, to invest time and energy in this transformation. But the satisfaction is immense, because a solid self-esteem brings about self-valuation, activating unsuspected inner resources. ”

Mistakes that prevent children from thinking by themselves:

- When you always tell them what you think.
- When you deem their ideas as “good” or “bad”.
- When, on every occasion, you give the child a piece of your wisdom: “When I was a child...”
- When you prevent them from following a road you think is not good, to save them the disappointment.
- Being always serious and stressing responsibilities.
- When you advise the child not to do what you do.
- When you hide your mistakes to appear perfect.



SELF-ESTEEM AND THE EMOTIONAL DEVELOPMENT OF THE BABY



Maybe the best definition of self-esteem is what we feel about ourselves. Out of all the feelings, what we feel for ourselves clearly determines our success and well-being. What we feel about ourselves determines our trust, motivation and value.

Feelings about oneself start manifesting since the prenatal period. When still in the mother's womb, the child can feel wanted or not, safe or scared, important or insignificant, valued or on the contrary. These feelings are consolidated during the first months of life and early childhood.

The child's perception of his own value is directly influenced by the emotions and attitudes of the adults around the baby, because they are the initiators, teachers and models of self-esteem. The parents and family environment are the first to create the premises for a low or high self-esteem. The children with a high self-esteem are capable of behaving towards themselves and the others with love, kindness, and understanding; they have enthusiasm to accomplish projects, act and learn life's lessons, coping with obstacles and opposition.

By contrast, a low self-esteem engenders doubts about one's value, forms beliefs related to failure, dependency on the opinions of others, poor perseverance in personal choices, creates inhibitions, hesitations, difficulty to initiate changes that are beneficial for oneself.

How can you raise your child's self-esteem?

- Appreciating him/her
- Telling your child how much you care
- Spending time with him/her
- Encouraging him/her to make choices
- Nourishing his/her independence
- Paying attention to what s/he says and truly listening
- Spending time with him/her to explain the cause of things
- Encouraging him/her in what s/he does
- Encouraging him/her to try new activities

The parents shape and consolidate their child's self-esteem by:

- consistently offering the child valuable affective input; in this way, the child will develop self-love;
- realistic expectations regarding the child's competencies and behaviour, which will lead to a correct self-appreciation;
- giving the child the permission to explore, to dare, to persevere, to learn and to accept the consequences of his/her own actions, which will lead to a stable self-confidence.

If a child has the self-perception that s/he will succeed, s/he will continually try to achieve this. If the same child receives the message that "s/he's good for nothing", the body will have to conform with this perception, using even self-sabotage if needed, to prevent success.

If a parent provides the child with a positive or negative image, this image is recorded in the child's subconscious. The acquired self-image becomes the collective voice of the subconscious, which shapes the child's physiology (health, weight) and his/her behaviour. Although each cell has an inborn intelligence, by mutual agreement, it gives priority to the "collective" voice, even if the latter directs the individual towards self-destructive actions.

The purpose of education is to teach children to think by themselves and internalise a code of moral principles shared with their parents.

If the child is frustrated and reacts against the parents, it's very important that the latter should not feel emotionally hurt. The parent should evaluate the situation sensibly, becoming aware of his own emotions. He risks falling into the patterns he acquired in his own childhood, activating his resentment and reacting angrily to the child, as if s/he were the cause of his dissatisfaction.