

HELP FOR PARENTS - SELF ESTEEM

FROM THE ST. JAMES PARENT SUPPORT ADVISORY TEAM (PSAT)



SELF ESTEEM IS HOW A PERSON FEELS ABOUT HIMSELF OR HERSELF. IT INVOLVES A PERSON'S FEELINGS ABOUT HIS OR HER PHYSICAL FEATURES, BEHAVIOUR, ACHIEVEMENTS AND PERSONALITY.

Self Esteem can be positive - when a person feels good about him/herself. Self Esteem can be negative -when a person has bad feelings about him/herself.

How we feel about ourselves affects the way we behave with other people.

To ensure that our children can feel good about themselves, respect themselves and feel proud of what they can do:



DO

1. Praise your children and explain why you praise them
2. Encourage your children to do their best
3. Give your children hugs and kisses
4. Respect children's opinions and feelings
5. Give children some responsibility



DON'T

1. Put down or disgrace your children
2. Call children bad names like "idiot", "worthless" or "ugly"
3. Ignore children and refuse to show them loving actions
4. Ignore what children say to you or what they do
5. Tell children that you don't trust them to do anything

SELF ESTEEM PUZZLE FIND-A-WORD



Find the following words which describe ways to build self esteem

CONFIDENCE	DISCIPLINE	PATIENCE	UNDERSTANDING
GOOD EXAMPLE	VALUES	ENCOURAGEMENT	LOYALTY
SUPPORT	CARING	RESPECT	LOVE

A T M E C O N F I D E N C E O S
 T A C F N T U E O I Y G C O I U
 E U E R E O Y L I E T N D I A T
 Y T N T S F C P T C N I N S X P
 T R A T S A G M R E E D C L E C
 L O O P R E T A I C M N U U L Y
 A I T I O P U X N C E A I V R I
 Y E N L I E L E D A G T E X E I
 O G L Y C C I D L R A S D A S T
 L I N U I T O O O R R E L P V
 T E O C A N A O V Y U E G N E R
 U R L P E O E G E E O D L G C N
 V V A L U E S O L O C N D A T N
 D I S C I P L I N E N U E R E A
 E S A S U P P O R T E N P E R T
 E E D C F I A V S L Y N D C U U

The St. James Parent Support Advisory Team (P-SAT) is here to assist parents. We give parents the chance to learn how to do better at the job of parenting. We also give parents an opportunity to share and learn from each other, with the support of specially trained persons who give information on a number of topics.

If you or your community would like assistance from the PSAT, please contact us:
 c/o THE CHILD DEVELOPMENT AGENCY, 4 KERR CRESCENT, MO-BAY 9524362;9711569

or at

THE PSAT RESOURCE CENTRE, 1ST FLOOR VANHAZE BUILDING, 16 EAST ST, MO-BAY

