

SUFFOLK COALITION TO PREVENT ALCOHOL AND DRUG DEPENDENCIES, INC.

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HELPING CHILDREN
FEEL GOOD ABOUT THEMSELVES

A child views himself by the way he thinks other people who are important in his life feel about him. We, as parents and teachers, must remind ourselves to make sure we are doing all we can to help children feel good about themselves.

The following suggestions may be helpful:

1. Treat children with respect and expect the same behavior from them.
For example:
 - Say please, thank you and/or excuse me.
 - Apologize when you are wrong.
 - Show interest in the child's activities.
 - Be honest and sincere.
 - Follow through on promises made whenever you can.
2. Help children find their strengths; they know their weaknesses.
3. Encourage children in areas of both strengths and weaknesses.
4. Do not compare children with each other.
5. Find ways to recognize each child as special.
6. Try to listen to your children and understand their point of view.
7. Encourage children to express feelings, both good and bad, without fear of losing your love.
8. When you are displeased with something a child has done, discipline him for a specific behavior which is clear to him, and not because he is a bad person.
9. Help children to discover more acceptable ways to behave in areas where they are having difficulty.
10. Let children know you have confidence in them by providing them ways to be successfully independent.
11. Hug and praise children at every opportunity.