

Boosting self-esteem and confidence in a Preschooler

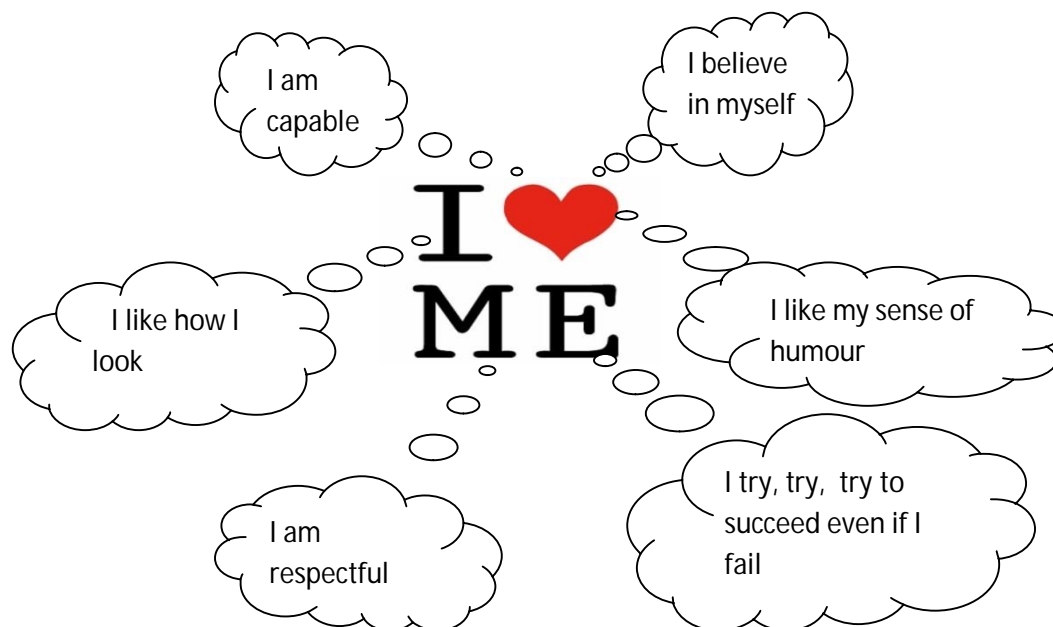


Self-esteem is your child's shield against the challenges of this tough world. Children who have 'self worth', who are discerning, who identify their strengths and weaknesses and feel good about themselves will handle pressures more easily and this will definitely contribute to a boost in self-esteem. They tend to be optimistic, positive and see life as a challenge and enjoy it.

Self-esteem comes from within and experiences during childhood play a big role in shaping it. A child's 'inner voice' should be reassuring and accepting. Parents know how praise and encouragement make their children feel safe, secure and loved.

Experiences that boost self-esteem in children include:

- showing them love and affection always.
- giving attention to your little ones.
- giving them a listening ear.
- always speaking to them respectfully.
- spending time together and asking them their feelings and opinions.
- accepting their failures and celebrating their accomplishments.



According to S.Martson, 'Self-esteem is the real magic wand that can form a child's future. A child's self-esteem affects every area of his/her existence, from friends she chooses, to how well he/she does academically in school, to what kind of job she gets, to even the person he/she chooses to marry'.