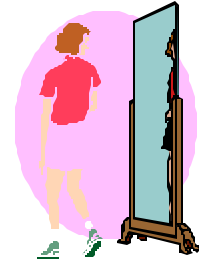


Family Reinforcement of Children's Self-Esteem

You might be surprised to learn that strong self-esteem may be the key to how well your children do in school. It takes a lot of confidence to raise a hand in class or tell the teacher you don't understand. It takes confidence to keep trying when you don't succeed the first time.



By reinforcing your children's self-confidence, you'll help them see themselves as capable - able to solve problems, find answers, learn new ideas, and try new ways to do things.

Everyday Tips:

- Say "good job" and "I knew you could do it!"
- Ask "what do you think?" - and really listen to their answers.
- Ask "what's wrong?" Let children know their feelings are important. Work out problems together.
- Pick them up when they're down. Remind them that a low school grade doesn't mean they're not smart. Make time to help them better prepare for the next assignment.
- When they ask a question, answer it right away. Don't be afraid to say "I don't know." Look up answers together.

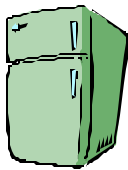
Activity Ideas:

Celebrate "unbirthdays" for each child—special times for just the two of you. Let your children choose the menu, decide on the best way to celebrate, and pick out some special books to read together.



Follow the Leader—Help your children develop problem-solving skills by letting them take the lead in setting up a game or learning something new.

Try a new sport or hobby—Take a class. Show your children that learning isn't something you just do in school. Let them know that making mistakes is just another part of learning.



Make a treasure chest together—to store your children's special projects. Show that you value your children and what they do.

Don't forget the refrigerator—Display your children's artwork and school triumphs.



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