

trancesolutions

building your child's self-esteem

The following factors may affect a child's self-esteem:

- How much the child feels wanted, appreciated and loved
- How your child sees him/herself, this is often based on what parents, siblings and those close to them say and act toward them
- His or her perception of achievement. This can relate to school, sport, creativity and home issues
- How the child relates to others both at home and in the wider community

Your child's self-esteem can be increased by you:

- Appreciating your child. It is important that the appreciation you show is sincere as children develop the ability to discern this at a very early age.
- Telling your child that you love them. The concept of quality time is not understood by children, most children spell "quality" "quantity".
- Spending time with them.
- Listening to your child.
- Encouraging your child to make choices will in turn foster the ability of decision-making. Accepting that they may not always make the decision you would like them to is also important and will give them feelings of independence and confidence.
- Fostering independence in your children.
- Giving genuine importance to your child's opinion. This is an expression of mutual respect and a child's self-esteem will grow if they are shown respect and taken seriously. Giving a child explanations and treating them as intelligent individuals with the ability to understand and reach conclusions will foster respect, trust and confidence. We all want to be treated in this way and children are no different. A child who is belittled, patronized or put down will suffer lack of confidence.
- Taking the time to explain reasons for decisions which affect them.
- Taking every opportunity to give your child positive encouragement no matter how well they do. If a child fails, he/she must not feel a failure. Never tell a child he has failed, let you down or cannot succeed. Teach a child failure is simply the opportunity to do things differently the next time.
- Encouraging your child to try new and challenging activities.

You influence your children's behaviour the most when you:

- Become aware of your own behaviour and if necessary change it.
- Understand your own core values, teach them by example, and assist your children in discovering their own values.
- Provide security (emotional and physical) with non-punitive, positive discipline (natural and logical consequences) and a sense of belonging.
- Enable and encourage children to establish and assume personal and social responsibility for their own actions.
- Promote mutual, caring communication with dignity and respect.

- Develop a passion, a sense of purpose and share that purpose with your children. Most of all, model this passion for your children. Assist your children in setting goals that they can attain which will help establish a passion that they value.

At Trancesolutions we regularly work with children and young adults and to support this work have produced a series of relaxation / suggestion audio CDs to help enhance and build children's self-esteem and confidence. The programs shown below are available from our website. The following is some of what other parents have said about these programs.

"Both we and his school have noticed significant improvement - Kind regards M.K" Queensland

"There has been a great improvement in attitude and confidence since... began to use the CD, she goes to sleep to it quite often - Thank you, D.L"

"For the first time our child is confident..." - Thank you, M.P"



Contact:
Trancesolutions - New Farm Hypnotherapy
PO Box 1944
New Farm QLD 4005 Australia
07 3254 1373
antoine@trancesolutions.com
glen@trancesolutions.com

Trancesolutions Professional Hypnosis CDs
Web: www.trancesolutions.com
Email: info@trancesolutions.com