

Parenting Tips
from the
Community Parenting Service
6a Penrith Place
BALGA WA 6061
Phone: 9440 0011
Opening times : Monday to Friday 12pm to 4pm

What is self-esteem and how to nurture our children's self-esteem.

Self-esteem is...

- the way a person thinks and feels about themselves,
- their value as a individuals
- and how good they are at doing things

Ways to nurture self-esteem ...

- Encourage children to take risks
- Reduce the emphasis you put on external measures of success
- Model non-judgmental attitudes
- Discourage children from using words that put themselves and others down
- Catch your children being good
- Focus on the behaviour instead of the person
- Support independence
- Model the way you would like your children to grow
- Be involved in their activities
- Help your children to hold a positive self-image in their heads.

Through love, acceptance and encouragement a child's sense of self is recognised, valued and esteemed.

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.