

13. Do things together in the home, e.g. hobbies, baking, washing-up, cleaning, decorating.
14. Allow them a private cupboard or drawer to which only they have the key.
15. Have a pin-board or sheet of paper in the kitchen on which you can pin examples of their work, e.g., drawings, writings.
16. Offer them part of the garden for their own use either for cultivation or merely on which to play.
17. Give regular pocket money as a right, as a member of the family. Extra amounts can be earned.
18. Discuss with them household rules rather than imposing them without question e.g., meal-times, washing-up roster, bed-times.
19. Never criticise them in front of others. If their behaviour needs criticism wait until in private and then be careful to separate the behaviour you abhor from the children you love.
20. Encourage their friends and allow them to come home. Ensure they can be private if they so wish.



## Parent-School News

### July 1983

# Enhancing Self Esteem Hints for Parents



PARENTS CAN PLAY A MAJOR ROLE IN DEVELOPING SELF ESTEEM IN THEIR CHILDREN. HERE ARE 20 USEFUL IDEAS.

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... Children with high self-esteem more often acquire a sense of independence, exhibit exploratory behaviour, assert their own rights, develop a strong inner locus of control and express more self-trust. These traits lead them to personal happiness and more effective functioning.

Barbara Clark, 1979.

Dr Dennis Lawrence offers the following 20 ideas as ways in which parents can help to build their children's self-esteem.

1. Listen to your children. Allow at least 15 minutes a day to allow them to tell you of the things that happened during the day. This gives support and confidence.
2. Listen for their feelings and reflect them so they feel you understand.
3. Do not continually question them but contrive conversation so they can tell you of events if they wish to do so.
4. Praise and value them even if their performance is poor, e.g., "You tried hard - you were brave."
5. Ask their opinion on things and so make them feel important. Also gives confidence. Do not be critical.
6. Encourage independence through giving responsibility but beware of criticism over failures.
7. Be aware of non-verbal communication. It is not necessary to be talking all the time. Smile.
8. Emphasise positive characteristics and remind them continually of their assets. Be sincere.
9. Tell them of others you know or have heard of who are not their equal in certain areas.
10. Assure them that other children and adults have similar fears and worries they may have expressed.
11. Tell them how you like to have them chat to you.
12. Arrange with them to share outings regularly e.g., football match, cinema, walks.