



## Tips for Building Self-worth in Children

Here are some tips on how to build resilience and self-worth in children. It is important as children get older, that they learn how to handle life's twist and turns, how they can overcome challenges, and believe in themselves through it all.

- ◆ Model self-confidence: Children who watch their parents/guardians model resilience and confidence will more likely practice it as well. It doesn't mean you have to pretend to be perfect, but focus on the important things when you are faced with a challenge.
  - a. How do you tackle new tasks?
  - b. Modeling a positive attitude
  - c. Be prepared
  - d. Don't give up!
- ◆ Don't get upset about mistakes: everyone makes mistakes, the important thing is to learn from them. Mistakes happen, what will you do next time?
- ◆ Encourage your child to try new things
- ◆ Allow kids to fail, trial and error is how we learn; AND how we get better at making decisions.
- ◆ Praise perseverance: learning not to give up. It is not about being successful all the time, but how we overcome adversity and keep trying.
- ◆ Help kids find their passion and identity.
- ◆ Set goals: both large and small. Encourage your child to turn dreams into actionable goals; make lists and validate interests that will help him/her achieve their goals throughout life.
- ◆ Expect them to pitch in- Have your children do age-appropriate jobs around the house.
- ◆ Embrace imperfection: remind your children that being less than perfect is human and OKAY. Images on social media, TV, and magazines that are depicting "perfection" are not realistic expectations and are destructive.
- ◆ Set up your children for success: Children should have opportunities where they can find success- Help your child find activities that make them feel confident and comfortable, this helps them tackle bigger challenges that come their way.
- ◆ Show your love: Let your child know that you love them no matter what, even what you are mad at him/her. Make sure your child knows that you think they are great, not just when they do great things, but through all the ups and downs.

As always, please reach out to the Thunderbolt Counseling Office if you need additional support, we are here for you! Contact us by phone 928-854-7477 or email.

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