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## Kindergarten Newsletter

### Positive Parenting



### What is Self-Esteem?

Self-esteem is a person's feeling about him/herself that gets expressed in his/her actions. Children who feel good about themselves:



- Get along better with others
- Smile and enjoy life more
- Are proud of themselves
- Are not afraid to try new things

Children who think poorly of themselves have a hard time finding solutions to problems.

### How Can You Help Improve Your Child's Self-Esteem?

#### Praise Your Child

- Tell your child when he/she is doing something good!
- Words, hugs, and smiles are ways of telling your child that he/she is doing a good job.
- Notice things that make your child unique and successful.
- Be spontaneous and affectionate with your child.

#### Make Time for your Child

- Give each child his/her own special, individual time.

- Find activities you enjoy together.
- Remember, ordinary activities like reading at bedtime, are as important as special trips and holidays.

#### Be a Positive Role Model

- Your child learns how to act by watching you.
- Show your child how to be respectful, friendly, honest, kind and patient.
- Treat your child the way you expect others to treat you.

#### Make Communication a Priority

- Listen to what your child is saying and feeling.
- Help your child learn the right words to express his/her feelings.
- Speak in a calm, clear voice.
- Be patient. The best communication happens when you and your child are calm.

#### Make Rules for Your Child

- Rules help a child feel safe and secure.
- Set a few simple rules and be consistent.
- Offer choices and let your child learn from consequences.
- Positive behaviour takes time and practice.

## How to Handle Misbehaviour...

All children will sometimes misbehave. It's a natural part of growing up. Testing limits is normal. Here are some things you can do when your child misbehaves:

- Calmly respond to the behaviour. Cool off first if you have to.
  - Avoid shouting or getting into an argument with him/her. Talk it out and listen. Calmly let your child know why you are upset.
  - Try to understand why your child is misbehaving. Is she/he tired? Hungry? Seeking attention? Reacting to something?
  - Guide your child to a more appropriate activity. Offer choices.
  - Help your child to cool off (take a deep breath, send him/her to a calm place to rest, count to ten slowly).
  - Disapprove of the behaviour, not the child.
  - Discipline means teaching. Help your child make good decisions and be responsible for his/her own behaviour.
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- Use a consequence that makes sense with your child's actions and age.
  - Spanking is not an effective discipline approach. Positive parenting is tough work, but it should never be hurtful!



# Ten



## Ways to Make Your Child Feel Special...

- 1. Whenever possible, talk to your child at his or her eye level.**
- 2. Play with your child.**
- 3. Read with your child.**
- 4. Establish basic rules about clothing but allow for choice and independence.**
- 5. Write a surprise note and tuck it into his/her lunch box or school bag.**
- 6. Accept and value your child's efforts.**
- 7. Be alert to your child's special talents.**
- 8. Respect your child's natural rhythm and pace.**
- 9. Recognize and talk about work that comes home from school.**
- 10. Share your interests with your child.**

