



A Check List For Parents

- I am striving to improve my own self-esteem in order to set a good example for my children.
- I model self-esteem by pointing out my strengths and good attributes.
- I focus on the positive aspects of my spouse to my children.
- My children know that I love my husband/wife.
- I tell my children frequently that I love them.
- I often wrap my arms around them and hug them.
- I kiss them when they leave or go to bed at night.
- I do not attempt to control my children's behavior by withholding love.
- I love my children for themselves, not for their accomplishments.



Baby Yourself So You Can Nurture Your Child

- Don't get yourself into a situation where you feel that your child is swallowing you up. For example, giving in to your child's pleadings to be taken out for dinner, when you don't want to go. It can only lead to anger, resentment, guilt, and emotional distancing.
- Give to yourself as generously as you give to your child.
- Don't take your anger out on your child. Instead, take a good long walk or get a babysitter to relieve you for a while.
- Keep in your mind a moment when your child was really dear to you. It helps you to keep perspective when your relationship is rocky.
- Don't be too harsh on yourself. Every parent prefers certain phases of childhood to others. You can and will make mistakes. It's all right as long as you can say, "I'm sorry," and as long as you're able to restore the balance.