



Free Children from Playing Roles

1. Look for opportunities to show the child a new picture of himself or herself.
2. Put the children in situations where they can see themselves differently.
3. Let children overhear you say something positive about them.
4. Model the behavior you'd like to see.
5. Be a storehouse for your child's special moments.
6. When your child acts according to the old label, state your feelings and/or your expectations.



Praise and Self-Esteem

INSTEAD OF EVALUATING, DESCRIBE

1. Describe what you see.
“I see a clean floor, a smooth bed, and books neatly lined up on the shelf.”
2. Describe what you feel.
“It’s a pleasure to walk into this room!”
3. Sum up the child’s praiseworthy behavior with a word.
“You sorted out your pencils, crayons and pens and put them in separate boxes. That’s what I call ORGANIZATION.”