



Krippa Family Psychological & Wellness Services
Weekly Newsletter

Tuesday Tip: Building Self-Esteem in your Child

By Candace Patterson, Intern

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Your perception of yourself has
an enormous impact on
how others perceive you.



A Living Series

Believe in yourself!

What's Happening?

We have a number of groups open for enrollment!

Our social skills group for 8-10 year olds is a great option for learning appropriate social skills and making friends.

We also are enrolling for our summer camps!

Children Study Skills/Social Skills Camp for 8-10 year olds

[Schedule a phone consultation](#)



Building Self-Esteem in your Child

Do you fear that your child has low self-esteem? Are you worried that your child sees themselves negatively? Do you want to be able to bolster your child's self-esteem in a healthy way? The transition to the tween and teenage years can be difficult for many children. It can be helpful for parents to discover ways they can support their children and boost their self-esteem.

Self-esteem is how you view and feel about yourself and how much you value yourself. Children who have a high, healthy self-esteem

tend have more secure relationships and they tend to be more confident and resilient than children who have a lower self-esteem.

Here are a few signs of a healthy self esteem vs. a low self-esteem:

Healthy Self-Esteem

- They are comfortable with failure.
- They have confidence in their own abilities.
- They know it is okay to lose or not always finish first.
- They are generally accepting of change.

Low Self-Esteem

- They minimize the positive things and dwell on the negatives.
- They have frequent thoughts of self-doubt.
- They frequently compare themselves to others.
- They feel compelled to achieve perfection.

Love yourself
and the
rest will follow

Ways to Build Healthier Self-Esteem

Here are a few ways in which you as a parent can begin to foster a healthier self-esteem for your child:

- Teach them that mistakes are learning experiences not failures.
- Praise your child for their effort not just the end result.
- Foster a growth mindset so your child can understand that their abilities can improve over time.
- Teach them that not everyone is perfect – and be a role model for this by pointing out some of your mistakes.
- Give them reasonable, age appropriate choices to help them feel empowered and learn decision making skills.

Thanks for Reading!

Visit our Website

[Website](#)

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