

Raising Children With Healthy Self-Esteem in a High-Pressure Culture

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Introduction



Mom of 2

Master's Degree in Clinical Psychology,
Certified Positive Discipline Parent Educator

Past experience as ADHD Coach, in-home mentor, psychotherapist

Currently focus on raising children with big emotions: Anxious, sensitive, difficulty being flexible

Address behavior, moods, attitudes with *self-esteem* and *resilience* in mind

Workshops & Trainings

Podcast

Programs to teach regulation, limit-setting, resilience

Benefits of healthy self-esteem

What self-esteem is NOT

What Is Positive Self-Esteem

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Genuine belief that we are **worthy of respect and acceptance AS WE ARE**

What Is Positive Self-Esteem

Genuine belief that we are **worthy of respect and acceptance AS WE ARE**

Genuine belief that **we can rely on ourselves** to handle life's obstacles

What prevents kids from having positive self-esteem?

Obstacles to Positive Self-Esteem

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The way kids are treated – by us but also by peers, media, etc.

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The standards they're held to

Lack of experience with discomfort

Lack of tools to handle discomfort

What It Feels Like

What To Do: The Tools

What Creates Positive Self-Esteem

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Tool 3: Focus on skills

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Tool 1: Treat them with respect, even when you don't agree with them

Tool 2: Let them have their feelings

Genuine belief that
we can rely on ourselves to handle life's obstacles

Tool 3: Focus on skills

Tool 4: Empower them

Foster a belief in their worthiness

Tool 1: Treat them with respect, even (especially) when you don't agree with them

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Instead of...Seeing the situation only from your perspective (and trying to convince them of it)

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Instead of...Seeing the situation only from your perspective (and trying to convince them of it)

Try...Understanding and respecting their perspective. See their world from their world.

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Action: Get to “no wonder”

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Example: Your child yelled at his sister

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"No wonder..."

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"No wonder..."

Action: Get to "no wonder"

"Of course... because..."

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Tool 2: Let them have their feelings

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Instead of...Telling them all of the reasons their feelings are wrong

Try...Listening, letting them know they're not alone... or just being present.

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Action: Help them feel understood / less alone.

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Example: "I have no friends"

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Tool 2: Let them have their feelings

Instead of...Telling them all of the reasons their feelings are wrong

Try...Listening, letting them know they're not alone... or just being present.

"I don't need to fix this right now. They just need me to be here."

Action: Help them feel understood / less alone.

"They need me to respect their experience."

Example: "I have no friends"

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Foster a belief in their capability

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Instead of... Trying to find the best punishment

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Instead of...Trying to find the best punishment

Try...Identify what skills your child is missing and teach them those skills.
(It's always possible.)

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Action: Ask yourself what strategies
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Example: Your child is speaking disrespectfully to you.

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“What skills do they need to be successful?”

Action: Ask yourself what strategies they may be missing

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“What skills do they need to be successful?”

Action: Ask yourself what strategies they may be missing

“Teaching them HOW do better is not permissiveness.”

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Tool 4: Empower

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Instead of...Solving or fixing

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Instead of...Solving or fixing

Try...Allowing them to find their own solution.

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Action: Ask curiosity questions

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Instead of...Solving or fixing

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Action: Ask curiosity questions

Example: "My teacher doesn't like me."

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Instead of...Solving or fixing

Try...Allowing them to find their own solution.

“What will you do?”

Action: Ask curiosity questions

Example: “My teacher doesn’t like me.”

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Try...Allowing them to find their own solution.

“Can I offer a suggestion?”

“What will you do?”

Action: Ask curiosity questions

Example: “My teacher doesn’t like me.”

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Instead of...Solving or fixing

Try...Allowing them to find their own solution.

“Can I offer a suggestion?”

“What will you do?”

Action: Ask curiosity questions

“I’ll tell you what I’d do, but I’m not you. What would you have to change...?”

Example: “My teacher doesn’t like me.”

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Take Action

(Choose 1 thing to tackle – the one that's easiest for you!)

1. Treat them with respect, even when you don't agree with them
 2. Let them have their feelings
 3. Teach skills
 4. Empower

THEY WILL **BELIEVE IN THEIR WORTH.**
THEY WILL **TRUST THEMSELVES** TO HANDLE LIFE.

Questions?

Free resources:

EMAIL: "FREE TIPS" in subject line to Info@Rachel-Bailey.com

PODCAST: Your Parenting Long Game podcast

FACEBOOK GROUP: Your Parenting Long Game podcast community

Personal Support:

www.Rachel-Bailey.com