

Parents can teach self-assurance,
but they have to begin now.

BY CEDRIC DEAN

If an adolescent lives with support, he or she learns self-assurance. For parents, that means preparing the phase for self-worth really soon.

How soon?

Adolescent behavior specialists suggest that parents can begin giving kids a sense of self-worth while they are babies. For instance, when toddlers reach a high point, such as crawling, parents should give them a heartening smile or even a fragment of cheerful tot-talk. Whenever children are making growth, be sure to clap for them to show your support.

The most significant thing that parents should do is model a sense of worth. If parents can convey self-approval for the correct causes, then kids will copy their actions. If parents are content with their bodies or the job they do, kids recognize that and acquire that just from their parents' company and how parents speak about it, as opposed to a mother who is not content with her body figure and is always complaining about the reality that she doesn't have the thin petite figure that she wants. It has to do with how you think about you.

For kids and youth, the way they look is often attached to self-worth. Movies and music videos of females often portray fabulously fit young females or promiscuous vixens in revealing outfits. The rampant point for boys is to be adulterous, or even immoral.

There is continuous media imagery that says to girls that they are not attractive enough or thin enough or intelligent enough.

What Parents Can Do To Make A Difference?



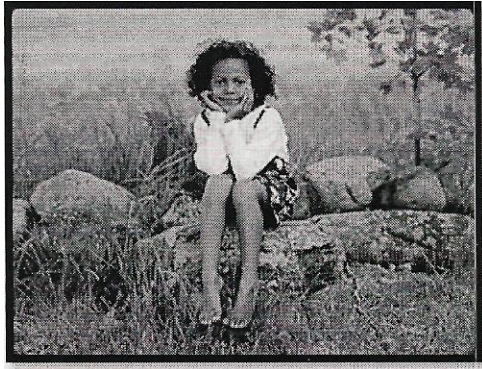
Children need to be exposed to a large variety of positive influences and role models that can strike out negative influences. Personal encounters with parents are just as if not more influential than the media images.

It's always beneficial to point out to children those individuals in positions of power or in nonconventional roles who are impacting their neighborhoods. Teach them how to take notice of the proprietor, professor, preacher or policeman and make sure to let children know that they have the capacity to make decisions concerning their callings and roles in society.

Also, implant into kids, females in particular, that they should never compare themselves with others, especially those persons at school or on TV. Media images are frequently touched up, shaped and edited to excellence.

Tell kids that they are just right as they are.

Increasing Your Child's Self-Esteem



Be encouraging to your child.
Don't be tightfisted with your praises. If something is done right, let your child know.

Spend time with your child. If you don't spend time with your child, someone else will. And that someone else might not be good for your child.

Refrain from laughing at and making fun of your child.
Always use constructive criticism when admonishing your child. Help your child understand what was done wrong and how it can be done right.



Read to your child.
The best way to get your child interested in reading is for you to read to your son or daughter.

Divert unconstructive feelings and attitudes. When your child speaks negatively about him/herself, signal it out. Have your child redirect his/her energy into more positive pursuits.

Show your child that you love him/her unconditionally.

Do things for and with your child to let him/her know that your love is absolute. No matter what situation arise; always be there to help your child make it through.

Enroll your children into Cedric's Free Counseling Club today.

Understanding Yourself and Your Child

What kind of parent am I?

Parents have a certain way of relating to children. You can look at this as your *parenting method*. There are many methods of parenting.

The three most common are:

Issuing Commands:

This method places bad-tempered restrictions. It offers children virtually no free will.

Passive Parenting:

This method offers children too much free will and not enough restrictions.

Offering Options:

With this method, parents teach children sense of stability between free will and restrictions.

Using these methods most likely bring the following results:

Issuing Commands:

This method teaches children to obey strict rules to circumvent conflict or chastisement. They learn to satisfy parents and to be fearful of them at the same time.

Passive Parenting:

Too much free will usually spells trouble. Why? Because children with no restrictions on their conduct will have problems understanding what is acceptable behavior in society.

Offering Options:

Offering options is a way to teach children how to be more responsible. This shows children that parents value their views.