



## TIGER TRAIT OF APRIL: PERSEVERANCE



The Tiger Trait for the month of April is PERSEVERANCE. Students will be encouraged to recognize their own strengths and keep a positive attitude even when faced with challenges. We will also discuss the importance of setting goals and how to deal with failure and embarrassment.

# April Social Work Segment: Improving Your Child's Self-Esteem

Submitted by Ashley Chismark, School Social Worker at CMHS

## How parents can improve kids' self-esteem:

### »» **Treating Children With Respect Models The Respect You Wish In Return**

Children who feel respected by their parents learn the value of respect and return it in kind.

### »» **Maximize Their Strengths... Minimize Their Weaknesses**

Are you in the habit of commenting often on the things your child does right? Parents often slip into the habit of pointing out their child's every mistake, fear, or inadequacy. The negative focus is motivated by the parent's desire to help and improve their child's behaviors and skills. The result, however, is often lower self-esteem and fears of failure. Consciously reduce negative comments about their failures. Tell them that they are good at those things they do well.

### »» **Open Up Your Heart...Not Just Your Wallet**

Sure the kids want you to buy them lots of stuff...those Valentine candy hearts are a big hit...but giving from the heart is the gift that builds a child's self-esteem and promotes self-confidence ...the building blocks of healthy adults.

### »» **You catch a lot more flies with honey than with vinegar**

Positive and complimentary remarks by parents not only build a child's self-esteem, it provides the child with attention that reinforces behavior parents like to see repeated. Any reinforced behavior will occur again.

## How kids can improve their self-esteem:

»» Accept who you are

»» Be creative

»» Identify what you're good at

»» Accept weakness

»» Celebrate your progress

»» Work hard

»» Set goals

»» Care for people

»» Rest

»» Don't be too hard on yourself

»» Interact with positive and supportive people

»» Accept compliments

»» Practice patience

»» Be thankful

»» Stop comparing yourself to others

»» Stand up for yourself

## 50 Ways to Praise a Child

Wow • Way to go • Super • You're special  
Outstanding • Excellent • Great • Good • Neat  
Well done • Remarkable • I knew you could  
do it • I'm proud of you • Fantastic • Super star  
Nice work • Looking good • You're on top of  
it • Beautiful • Now you're flying • You're  
catching on • Now you've got it • You're  
incredible • Bravo • You're fantastic • You  
figured it out • Hooray for you • You're on  
target • You're on your way • How nice • How  
smart • Good job • That's incredible • Hot dog  
Dynamite • You're beautiful • You're unique  
Nothing can stop you now • Good for you • I  
like you • You're a winner • Remarkable job  
Beautiful work • Spectacular • You're  
wonderful • You're darling • You're precious  
Great discovery • You figured it out • You  
discovered the secret • Fantastic job!