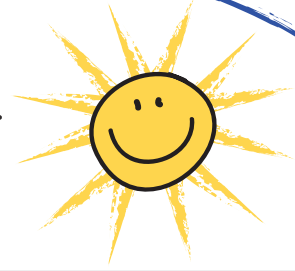
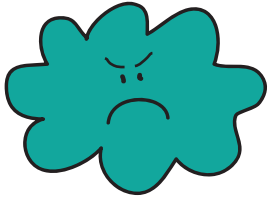


HOW TO INCREASE SELF-ESTEEM

Boundaries * Listening * Praise * Fairness * consistency



- Criticism
- Shouting
- Mimicking
- Arrogance
- Put downs
- Teasing
- Verbal abuse
- Smacking
- Tying up
- Locking in
- No fun
- No playing
- Neglect
- Labelling
- Coldness
- Rejection
- Inconsistency
- Distrust
- No responsibility
- Ignoring child
- Not listening
- No humour
- Favouritism
- No choices
- No cuddles
- Threats
- Lack of approval
- No praise
- Nagging

- Responsibility
- Having fun
- Love
- Consistency
- Respect
- Understanding
- Being listened to
- Being treated as an individual
- Kindness
- Praise
- Playing
- Clear rules/boundaries
- Encouragement
- Trust
- Explanations
- Negotiations
- Fairness
- Acceptance
- Empathy
- Shared humour
- Having a good example
- Undesirable behaviour ignored
- Choices
- Rewards & penalties

input from others affects how we feel about ourselves and how we behave



- Guilty
- Slighting
- Headaches
- Isolated
- Tired
- Angry
- Bullied
- Bullies
- Stammers
- Whinges
- Refuses to talk
- Won't try
- Gives up easily
- Depressed
- Cries a lot
- "I can't"
- Nail biting
- Rebellious
- Aggressive
- Can't concentrate
- Tummy aches
- Shy
- Disruptive
- Feels helpless
- Stressed
- Introverted
- Cheeky
- Shouts
- Breaks rules
- Hits

- Confident: prepared to try
- Co-operates
- Smiles
- Listens
- Respectful
- Copes with setbacks realistically
- Happy
- Energetic
- Praises others
- Makes friends
- Affectionate
- Resolves problems peaceably
- Can self-praise
- Assertive
- Relaxed
- Empathic
- Accepts new challenges
- Takes responsibility for actions
- Tries hard

resulting behaviour and attitudes in children

All behaviour has a reason - it's trying to meet a need