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TIPS FOR SUCCESSFULLY BUILDING YOUR TEEN'S SELF ESTEEM PART II

6. Allow mistakes and failure without judgment.

Being a perfectionist can create a harmful environment if we aren't careful. There is a high chance that you will either pass that behavior on to your child, or they will feel judged or defeated if they let you down. Let them fail and make mistakes until they get it right - without too much pressure. Failing is a part of life and learning to deal with it in your teen years helps you become a resilient adult.

7. Teach what you want them to learn.

Be clear about your expectations but allow room for a learning curve and growth. Show your child how to do things. Model for them by doing it in your life. Verbal instructions are often insufficient and set kids up for failure because what you **do** speaks louder than what you **say**. Also, don't overwhelm them with too many things to do at once.

8. Reinforce what you want more of.

Praise them when they get it right - especially when they do it well or go above and beyond what you required. Be specific about what they did that you like and tell them you appreciate it. People, especially kids, love to please us.

9. Raise the bar.

Teaching responsibility requires accountability. Building confidence requires that children successfully achieve their responsibilities. When they don't reach the mark, help them get there - praise their progress and encourage them to finish successfully.

10. Do the hard stuff.

Follow through with what you say you will do - good, bad or indifferent. If they blow it, let them deal with the fallout, even if the consequences are harsh and long-lasting, such as failing a class means summer school instead of cheer camp.

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