

Sources of Self-confidence

Robert Reasoner, an expert on self-esteem in children, has developed a list of key steps in the process of strengthening self-confidence based on children's needs. Parents can help to strengthen self-confidence by providing as much support as possible to meet these various needs.

Children's Needs

A sense of security

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A strong self-concept

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A sense of belonging

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A sense of purpose

[TK]

A sense of personal competence

[TK]

Adult's Role

Set realistic limits.

Enforce rules consistently.

Develop self-respect and responsibility.

Provide feedback on behavior.

Recognize children's strengths.

Provide a supportive environment.

Provide children with meaningful

Convey expectations.

Provide encouragement and faith.

Provide opportunities for making choices and learning new skills. Praise and recognize effort.

Help children evaluate their progress in attaining goals.

Provide recognition and rewards.

Teach children the skills they need to be successful at home.