

# Discuss It: Build eSTEEM

**Most children will, at some point in their childhood, struggle with self-esteem.**

Having a lack of confidence in themselves can affect every aspect of their lives - their ability to perform well in school, the degree to which they enjoy their free time, and most importantly, the person they grow up to be. That is why you, as their mother, must be aware of their struggles with self-image and do everything you can do to build their self-esteem. If you don't, it's very possible that no one else will. Do you remember the story about the *Little Engine that Could* by Watty Piper? The little engine had to deliver a heavy load over a mountain but he wasn't sure he could. He struggled but did not give up. He kept saying "I think I can, I think I can." And of course he did. Esteem is what gives us the boost we need to do tough things. It gives us the steam we need to get over the mountain that is facing us at the time. Build some steam in your child. Give them eSTEEM.

Discuss the 5 Ways to Build Your eSTEEM. Then help your child write out why they are valuable. Post it on their mirror so they can see it every day.

## 5 Ways to Build Your eSTEEM

- **Think positively about yourself.** Stop when you catch yourself thinking something bad about yourself, and think of something good instead.
- **Try new things.** Surprise yourself by discovering things you're good at!
- **Keep a list of all the ways you're valuable.** Put it on your mirror and read it every day.
- **Do something for someone else every week.** Help a neighbor, parent, sibling or grandparent.
- **Exercise** and play outdoors!

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**I am valuable because...**

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