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Tuesday, April 8, 2008

## Growing Self-Esteem

As parents, we all want our children to feel good about themselves - that is inherent. Having good self-esteem is vital to kids achieving higher marks in school, staying away from drugs and alcohol, and leading an overall productive and healthy lifestyle. How then do we help children develop high levels of good self-esteem?

*\* Accept your child for who they are.* Embrace the talents, interests and skills that they DO have, rather than focusing on things that they are not good at or do not enjoy.

*\* Listen to your child.* Do not always provide a quick solution to their problems. They may not be searching for an answer, just someone to listen. Let them work out small problems and situations on their own.

*\* Don't use labels to describe your child, but rather their behavior.* Do not tell a child, "You are bad." Instead let them know that their behavior in a certain situation was unacceptable.

*\* Provide structure, reasonable discipline and limits.* These show children that their world has a pattern and routine and they allow children to feel some control over their situations. Children that feel helpless are more dependent and less able to make good decisions in the absence of adults.

For some wonderful resources and educational activities to help promote good self-esteem in your children, you can visit the sites listed below. They provide colorful and fun stories, worksheets and family activities that will help parents teach their kids about positive, happy feelings, believing in themselves, and ways to grow and help others build their own self-esteem. They empower children to become their own biggest believers, and make learning about this sometimes difficult and confusing issue, fun. I have had personal contact with both of the owners of these companies (Women!) and have found them both to be passionate about what they believe in and educated on the topic of children's self-esteem and how to foster and develop it.

<http://www.bingnote.com/> - INSPIRE CHILDREN TO BELIEVE IN THEMSELVES!



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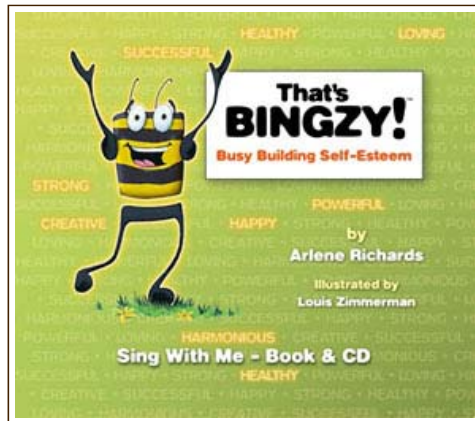
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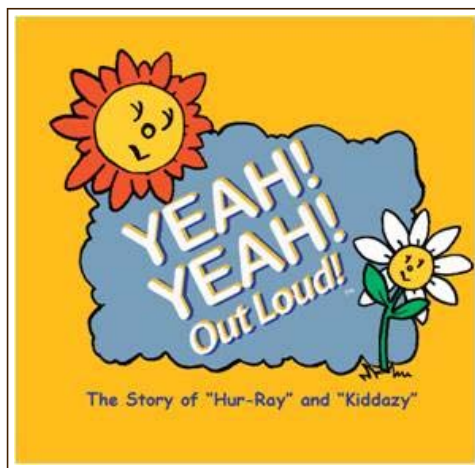
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WAHM RECOMMENDED RESOURCES

- Mom's Talk Biz One on One Business Coaching
Greeting Card Business Ebook
Internet Research Business Guide
Proofreading Guide
Mom's Talk Ebooks
Guide to Writing for Pay
Guide to Making Money on ebay
Virtual Assistant Business



http://www.yeahyeahoutloud.com/ -Empowering kids to discover their inner "cheer"leader!



Lisa Smith has a BA in Psychology & is the Owner/CEO of Regionz Kidz, a multi-cultural infant & toddler clothing line featuring ethnically diverse characters and designs.

POSTED BY REGIONZ KIDZ AT 6:19 PM

TAGS: ACCEPTANCE, CHILDREN, COMMUNICATION, EDUCATION, FAMILY, FEELINGS, KIDS, LISTENING, PARENTING, PARENTS, POSITIVE, SELF-ESTEEM, SELF-WORTH

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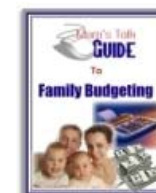
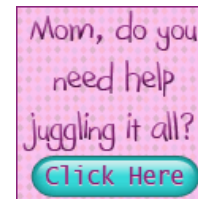
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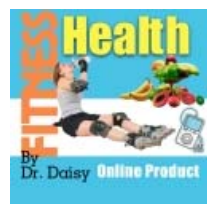
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- How to Teach Your Baby Sign Language
- Outdoor Cooking Recipe
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- Kids Activities - 10 Inspiring Ideas for a Rainy D...
- MUIB Newsletter Update!
- Create a Family Heirloom Cookbook Of Recipes
- Own a WAHM Website? Avoid These Three Content Cata...
- Writing Irresistible Ads
- How to Write Your First Ebook
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- How to Market to Women
- Article Marketing for Moms

**MUIB BLOG**

**CONTRIBUTORS**

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- Moms United
- Cailin Yates 16785083  
Arbonne International
- LibAnn
- Regionz Kidz



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- Activities to build Self-Esteem in Children
- How To Talk to Your Children About Race
- Photo Collage, Create your Own
- Monthly Contest for Free Ads for 1 YEAR!
- Should You Hire A Professional Coach?
- Ecource for Time Management
- Advertise in the MUIB Newsletter, \$10 via PayPal

- ▶ June 2008 (18)
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**ARTICLES**

- A Mom's Life
- ABC's of Parenting
- Husbands, Pregnancy & Cosmetic Surgery
- Ideas for School Papers & Artwork
- Parenting After Divorce
- Parents, Where Does the Time Go?
- Postpartum Depression
- Preparing Your Child for the Birth of a Sibling
- Talking to Your Tween About Sex
- The Sand Castle
- The Woman in the Mirror



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[Christie's Thoughts << NEW!](#)  
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[Kelly's Korner](#)  
[Learn and Grow Together](#)  
[Life in the Lost World << NEW!](#)  
[Lil Mama's Laundry Day Chronicles](#)

[Marla's Fun Stuff](#)  
[Moms United in Business](#)  
[Moms United in Business on Yahoo](#)  
[Money Making Mama](#)  
[MUIB Blog << NEW!](#)


[My Pretty Face](#)  
[Not Much More Than This << NEW!](#)  
[Random Ramblings](#)  
[The True Tales of a Mini Van Mama << NEW!](#)  
[This and That](#)













[What Women REALLY Think Your Daily Dish](#)



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