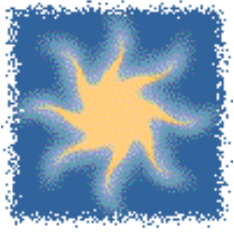




Early Childhood Centers as
creative and safe spaces!

PRESCHOOL CHILDREN
AND SELF-ESTEEM





Building Self-Worth and Self-Concept

- Our "self" is a composite of all the aspects of life that give us an identity.
- Our self is a picture puzzle made up of thousands of pieces all fitting together to make a picture.



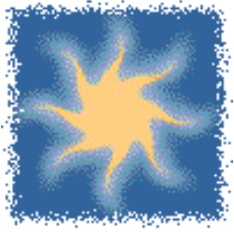
Building Self-Worth and Self-Concept

- Our self-worth is the value we give that picture.
- That value can range from low to high and can vary during different times and circumstances of our life.



Self-Esteem

- Self-esteem refers to the way people feel about themselves.
- It describes feelings about the self.



Self-Concept

- Self-concept is what people think about themselves.
- Self-concept is the thoughts one has about himself or herself.



Self-Worth

- Self-worth is the overall way people think and feel about themselves.
- Self-worth is the combination of self-esteem and self-concept.



Children and Their Self-Worth

- Three primary sources are responsible for strongly influencing self-worth.
 - Family
 - School
 - Community

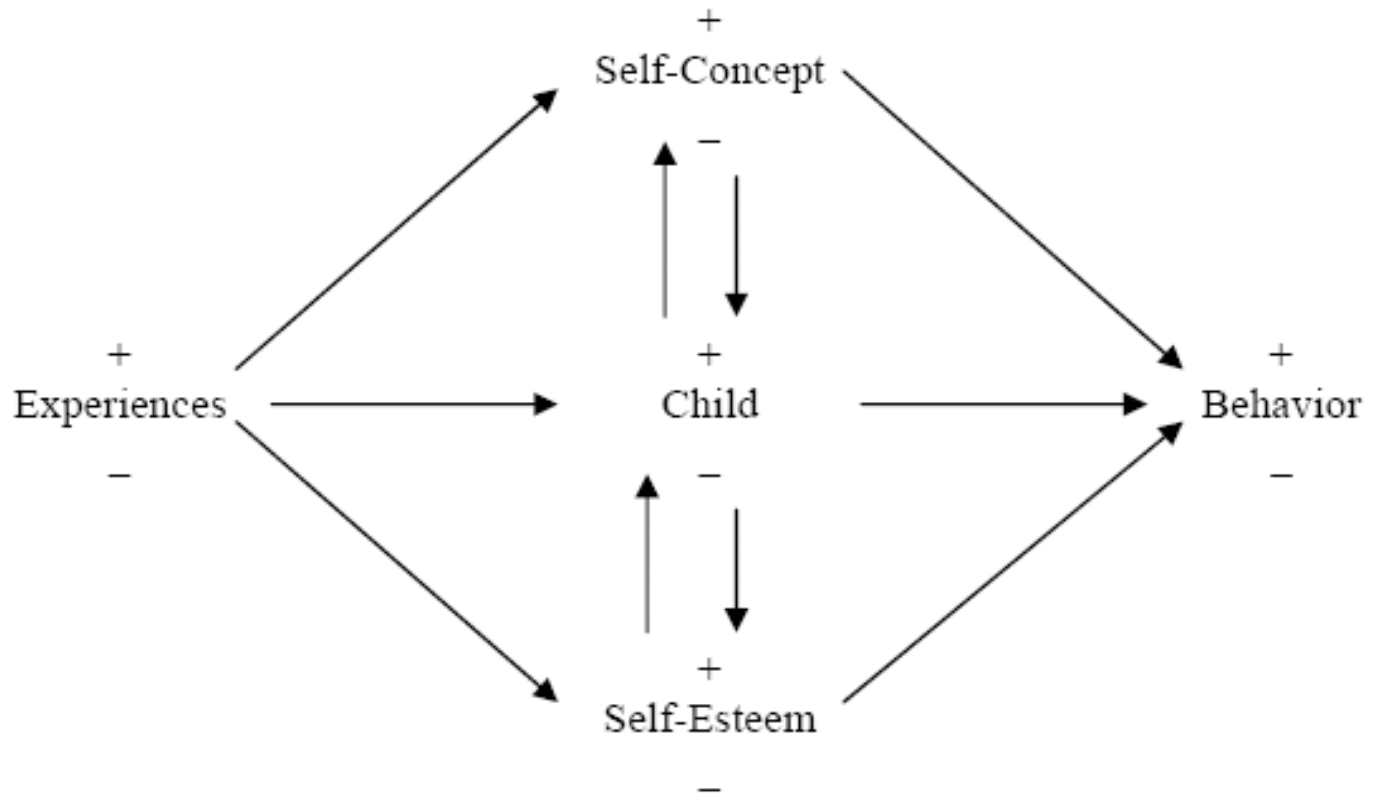


Self-Worth and Life's Experiences

- A child's overall feeling of self-worth is developed from the way the child is treated growing up.
- The most significant time for children to develop self-worth are the early years when parents and other family members make the biggest impression and set the foundation for future growth.



Self-Worth and Life's Experiences





Self-Worth and Life's Experiences

- When experiences a child has are positive, the impact on the child's self-concept (the way he or she thinks about him or herself) and self-esteem (the way he or she feels about him or herself) is positive.



Self-Worth and Life's Experiences

- When life's experiences have been negative, the impact on the child's self-concept and self-esteem is negative.
- This can result in a child's behavior being troublesome and quite possibly destructive.



Why Maintaining a High Self-Worth is Important

- People with a high self-worth generally treat themselves, others, and the environment with respect.





Why Maintaining a High Self-Worth is Important

- Others generally like to be around people who like themselves.





Why Maintaining a High Self-Worth is Important

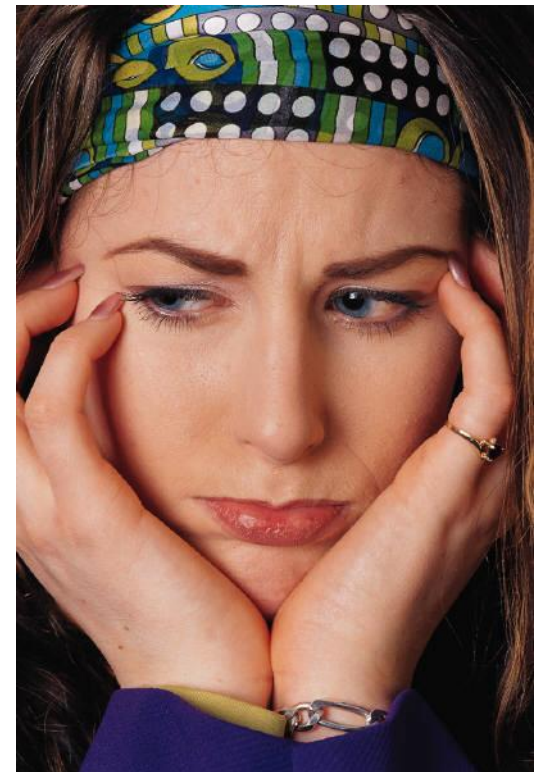
- Parents who value their own worth can more easily value the worth of their children.





Self-Concept + Self-Esteem = Self-Worth

- **Self-Concept** is the way people think about themselves.
- A self-concept can be positive or negative.





Self-Concept

+ Positive Self-Concept

I am a capable person.

I am loveable.

I am fun to be with.

- Negative Self-Concept

I am incapable of doing anything right.

No one could love me.

I am a bore.

Building Self-Worth and Self-Concept

- **Self-Esteem** is the way people **feel** about themselves.
- Self-esteem can be high or low.





Self-Esteem

+ High Self-Esteem

I deserve to be treated with respect.

I am worth something.

I accept compliments and praise.


- Low Self-Esteem

I deserve to be hit.

I am worth nothing.

I reject compliments and don't like myself.

The way we **think** and **feel** about ourselves will determine our self-worth.



Can We Improve Our Self-Worth?

- Yes you can! The most important first step is identifying the labels we have for ourselves.
- A personal label is like a name that, over time, becomes an identity.
- When a negative label becomes an identity, it begins to eat away at our self-worth.



Labels

POSITIVE

Smart

Able

Focused

Friend

Considerate



NEGATIVE

Dumb

Klutz

Scatter Brain

Jerk

Thoughtless



Labeling Children

- The image that children develop of themselves is the result of parental perceptions.
- These perceptions are expressed in labels: names we give our children.



Labeling Children

POSITIVE

Cooperative

Intelligent

Active

Caring



NEGATIVE

Uncooperative

Stupid

Lazy

Bully



What's in a Label?

- It doesn't help that labels are used in school (gifted, learning disabled, etc.) and by peer groups (jocks, geeks, etc.).





What's in a Label?


- It's difficult for children to develop positive self-worth when it appears the world is ready to label them-with an emphasis on the negative.





10 Ways to Improve a Child's Self-Worth

- Put children in situations where they can succeed at doing what you want them to do.
- Expect the child to succeed in a small, specific situation.



10 Ways to Improve a Child's Self-Worth

- If your child does not succeed in a specific situation, problem solve and determine what is undermining the child's attempts at success.
- Every time you see your child behaving in the desired way, praise him or her, and write it down.



10 Ways to Improve a Child's Self-Worth

- Tell someone else how the child is behaving, and make certain the child can hear you.
- Act in a way you want your child to act, then praise yourself for acting that way.



10 Ways to Improve a Child's Self-Worth

- Visualize your child as already being the new positive label, and then relate to the child with the new label.
- Show respect for the child's feelings and opinions even though you might not agree with them.



10 Ways to Improve a Child's Self-Worth

- Be careful to give children comments on their strengths as well as on their weaknesses.
- Be patient.