

Are You Helping to Build Your Child's Self Esteem?

As a parent, your actions have a strong impact on your child's sense of self worth. Here's a quiz to see how you are doing (Give yourself five points on a question if you feel you do an "excellent job", zero points for a "poor job" or an inappropriate score in between).

- ___1. I accept my child as she is. I let her know everyday that I love her not matter what.
- ___2. I set clear limits with my child. I try to make the limits fair.
- ___3. I listen to my child. I allow my children a voice in making family decisions.
- ___4. I respect my children the way I want to be respected.
- ___5. I celebrate my child's successes.

How did you score? Over 20 points means you are doing a great job. 15 to 19 points is good. Below 15 points may mean your actions are hurting your child's self esteem.

"Outstanding leaders go out of their way to boost the self-esteem of their friends and co-workers. If people believe in themselves, it's amazing what they can accomplish." Sam Walton (founder of Wal-Mart)

