**CHM Leadership Certification**

**Level #10, Course #7**

**BUILDING YOUR CHILD’S SELF-ESTEEM**

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**(Handouts)**

1. Why is a healthy self-esteem vitally important to a child?

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1. What is self-esteem?

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1. According to Maslow, there are two forms of esteem needs:
2. Need for respect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Need for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which is the more fragile esteem need?

1. Which text in the Bible provides you with a high self-esteem?

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1. Which of the following categories does not contribute to a child’s self-esteem? CIRCLE it:
2. Relationship with friends and classmates.
3. Relationship with your Muslim neighbor.
4. Relationship with parents and sisters.
5. Relationship with pets
6. Relationship with principals
7. How can parents love their child unconditionally? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Which of the following praise statements is NOT a good statement to raise a child’s self-esteem? CIRCLE it.
9. “You did a great job in sitting still for one minute!”
10. “I like your drawing, Johnny. It is different from the others.”
11. “Don’t feel bad, you did a fantastic job out on the stage!”
12. “Thanks for trying so hard to finish this. I am proud of you.”
13. What is the guideline when teaching your child about consequences of their decisions? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. It is often said that “Values are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ more than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Why is being a good role model so important in training children?

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1. True or False. Put a T for the statement that is true and a F for that which is false.

\_\_\_\_\_ Helping with household chores takes away too much time for children to do their

homework.

\_\_\_\_\_ When you get angry, take a break so you don’t say anything to your child that

you’ll regret.

\_\_\_\_\_ Calling children names or using sarcastic remarks help to shape them up.

\_\_\_\_\_ You can dislike a child’s action without disliking the child.

\_\_\_\_\_ Children imitate sports stars and singers and not their parents.

1. Does high self-esteem mean self-centeredness?

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