

Parent's Pages - Building Self Esteem

The second idea to help youth is to teach them about self-talk and how to update the negative voice within the mind with positive affirmations that reprogram false, unhealthy beliefs. As one changes the critical voice of self-talk to a loving, positive, encouraging voice, it improves one's self-esteem.

Those of us who have influence in a young person's life, as a parent, grandparent, educator, or relative can make a significant positive difference by challenging our youth to THINK, so their minds, conscience, and value system will grow positively. As we interact with them we help them process the experiences they have so they can grow emotionally and gain the inner strength to stand on their own when they are launched from home.