



Building your own Child Healthy Self worth and Self esteem

**Confident, compliant, cooperative,
caring, compassionate and successful
children**

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- **1-Say:” I love you”**
explain to them how much
Jesus Christ loves them



2-He brought
them into your
own family
He blessed them
and He created
**Them on His
own image**



3 **In the baptism** you became his own blessed child. He gave u new nature and u became His holy temple.

4-He loves you so much to the extent that He was crucified to give you **Eternal Life**



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- 5- **Praise his characters** and achievement as a child of God

6-Because He loves you His divine grace will always **protect you** and help you to grow in Him until his will become your own



7-Because **your child is the gift of God to you** praise Him with sincerity for the godly characters rather his virtues .

8- Praise Him in private



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- 9-**Encourage** your own child to express his own thoughts, opinions ,feelings and needs
 - Show him how valuable are these expressions
- To you and this will make him feel valued and significant



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- **10- Do not criticise** the expressions of your own child by being illogic or unrealistic ,
This will make him open up and communicate
With you during adolescence
- 1- Encourage your child **to ask questions** answer his questions and satisfy his curiosity





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- **12-Pay full attention** to your own child during His/her communication with you.

13- Be ready to apologise and say sorry if you hurt their feelings.



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- 14-encourage and praise them for their **achievements.**
- Find for them chances to achieve then praise them
- 15-Encourage them to **develop skills** ,play with them and attend their games.
- Find time and be available to interact with them

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- 16-Show them always that **they are accepted, loved and appreciated.**
- Do not discriminate and don't favour one over another

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- 17- keep the
home
environ
ment
secure
and holy
without
violence
or fights







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- 18 - If you promise ,**fulfil your promise**
- 19- **Set rules**, explain it to them with its consequences.
- Be realistic in your demands and expectations
- 20-**Respect** your children and their friends don't overuse your authority

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**21-Don't punish
your children** in
front of
others .Be sure
that they
understand their
mistakes,
apologise for it
then give them a
hug



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- 22- **Find what is good and positive** in them, praise and encourage them.
- Be understanding, patient and have hope in them



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- 23-Be consistent in your mood ,love and discipline





- 24-Spend **quality time** with your children



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- 25-Pray and read the bible with them ,be a good model in the church, in your home and in front of others
- Help them with their belonging and to develop a clear godly conscience



