

Ready, Set, Kindergarten

This Week's Theme: Self Esteem

Positive Self-Esteem Characteristics

Self-esteem is feeling good about yourself. This is an important quality for your child to develop in the first 3-5 years of their life. With positive self-esteem, children are more likely to be self-motivated, better problem solvers, have a "try again" attitude, feel loved and accepted, and believe in themselves!

4 Ways to Build Self-Esteem in Kids

Give Choices and Responsibilities

- Offer choices (What shirt to wear). Give age appropriate responsibilities, like chores around the house (putting up toys).

Praise Sincerely

- Be sincere and specific with your praise. Instead of saying, "You're the best artist in the world!" Say something like, "You're getting so good at coloring in the lines!"

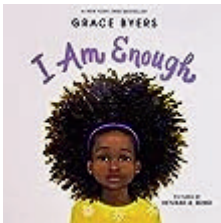
Use Failure As an Opportunity

- Let your kids challenge themselves, make mistakes, and occasionally fail. Then make it clear that you still love them just the same. Encourage them to try again.

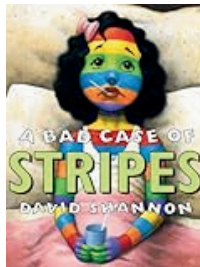
Create Opportunities for Success

- Teach your kids to successfully do things for themselves. Focus on their strengths and notice their abilities.

Check Out These Books



I am Enough
Grace Byers



A Bad Case of the Stripes
David Shannon



The Dot
Peter H. Reynolds

Sing This Song

(In the tune of "Twinkle, Twinkle Little Star")

Special, special, special me
How I wonder what I'll be
In this big world I can be
Anything I want to be
Special, special, special me
How I wonder what I'll be



Let us know what you think about
Ready, Set, Kindergarten.
Scan the code for our survey.

Learn more at hmcpl.org/readyssetkindergarten

