



## Parent Assignment #4: Grade 5



The first primary influence on a child's self-esteem or sense of self-worth is their relationship with their parents. The connection between parent and child forms the basis for future relationships. In order for a child to have a healthy sense of self-esteem, they must believe the following is true about themselves:

### I AM LOVABLE AND CAPABLE

Children must not only feel that they are loved but also that they are capable of accomplishing things. Many parents make their children feel loved but fall short of allowing children to feel capable. When parents do too much for their children, they are giving the message to the child that they feel that the child can't do things for themselves. Other ways that parents do too much for their children are when they solve their problems, pamper them, make decisions for them and talk for them.

One of the best ways that parents can build their children's self-esteem is to give them chores. Children benefit from chores and activities that offer a real challenge because they stretch their abilities and give them a sense of accomplishment. It is best to start as early as possible so that children learn that chores are a part of life and so that they will struggle less when you ask them to do things. From carrying in the mail, washing tables with a sponge, picking up toys and clothes, washing vegetables, helping set the table, helping put groceries away, helping make beds, and clearing dishes from table are example of chores. Don't start with too many chores at once because you will be setting yourself up for a struggle. Begin by giving two or three chores and after a while you can add to them.

Be firm when you talk about chores by telling your child that everyone has to chip in around the house. Say "As soon as you get your room cleaned, we can go outside and play ball." Or try, "The rule of the house is that no one gets dessert until we clean the kitchen" Give children choices of which chores they would like to do. Don't always give them the undesirable chores like taking out the garbage. Sometimes you can let them choose the menu and cook dinner. Explain that when everyone pitches in and helps around the house, parents have more time to spend with their children. Your children will soon understand why they must help out and see the benefits to it.

A child's sense of self-worth is more likely to deepen when adults respond to the child's interests and efforts with appreciation rather than just praise. For example, if your child shows interest in something you are doing, you might include the child in the activity. Or if the child shows interest in an animal in the garden, you might help the child find more information about it. In this way, you respond positively to your child's interest by treating it seriously. Flattery and praise, on the contrary, distract children from the topics they are interested in. Children may develop a habit of showing interest in a topic just to receive flattery. If you do wish to say something positive to your child, instead of saying, "You are a good boy." Say, "Thank you for your help setting the table." Be specific and tell your children why you appreciate what they did.

As children grow the influence of their peers grow stronger and can effect their self-esteem. You can help your child by talking about experiences outside the home and by reassuring your child that you support and accept him or her even if others do not. If Tommy told your son that he is a loser, ask your son how he feels and tell him you understand how he can feel that way. Reassure him how much you care about him. During times of disappointment or crisis, your child's weakened self-esteem can be strengthened when you let the child know that your love and support remain unchanged. For example, losing a soccer game can impact a child's sense of self, listen to their feelings about the game and do not discuss your disappointment. Remind them that you love them and it is important that they have fun, not just win. The next time a crisis occurs, your child can use the knowledge gained from overcoming past difficulties to help cope with a new crisis.

Parents can play an important role in strengthening children's self-esteem by allowing them to feel capable, expressing appreciation to them and supporting them through their interactions with their peers and throughout their lives.

Source: <http://www.princetonol.com/family/askjill/articles/>

### **Assignment**

Ask your child to review the day's lesson, and handouts with you. Discuss their feelings about the lesson, and any issues that may have come up for them that day in school.

Choose one or more of the following:

1. Allow your child to "teach" you something that you did not know, or a skill that can be improved. This will give you quality time together as well as build self-confidence in your child.
2. If your child has an interest in art or drawing, promote self-esteem by providing children with art supplies. Help children discover who they are, promote and encourage their interest in gardening, dance, reading, music, animals etc, and allow children to do for themselves what they are capable of doing safely. Go out to a museum, plant some flowers or vegetable garden, or go to a ball game.
3. After-school sports or other after-school activities help build self-confidence and a spirit of teamwork, which are important character traits to be learned. Be loving and firm in giving children activities or chores, offer choices of chores to be done so they can learn how to make decisions, and learn consequences of decision-making.
4. Create an album or wall of accomplishments that displays awards, photos and highlights achievements. These positive reminders of a child's successes will help to keep their confidence high.
5. Involvement in the community strengthens a child's identity and roots. Volunteer together at your religious organization, food bank, nursing home or other community programs.



Livingston Youth and Community Services

## Parent Assignment #4: Grade 5 Self Esteem

Student's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Which assignment did you choose, and why? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Was this lesson helpful? Yes/ No

Please explain \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Raffle Entry

## Parent Assignment #4: Grade 5 Self Esteem

Student's Name: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade 5

Please complete this sheet and return to LYCS, PO Box 822, Livingston, NJ 07039,  
Fax: 973-992-9318, email: [lycs@livingston.org](mailto:lycs@livingston.org), or leave at reception in school