



January 2018 Issue

WIC Program Newsletter

Office Hours

Monday, Tuesday,
Wednesday, and Friday:
8:00am – 4:15pm

Thursday:
8:00am – 6:15pm

Site Location & Dates

Hoosick Falls: 1/20 & 2/13
Stephentown: 1/9 & 2/16

Breastfeeding Support Group

Please join us for our
breastfeeding support
group! **Every third
Thursday** of the month
from 4:30pm – 6:00pm.

Troy Baby Café at CEO

Meet other
breastfeeding moms
and get
breastfeeding help in a
safe, relaxed
environment
Wednesdays 12pm - 2pm

CEO's WIC Program

2328 Fifth Avenue,
Troy, NY 12180

Phone: 518-272-6159

Website:

www.ceoempowers.org/wic

* This institution is an equal
opportunity provider.

Developing Your Child's Self-Esteem!!

Sometimes it's easy to notice when kids seem to feel good about themselves – and when they don't. We often describe this idea of feeling good about ourselves as "self-esteem."

Kids who have healthy self-esteem tend to:

- feel valued and accepted
- feel **confident** that they can do what's expected
- feel proud of a job well done
- think good things about themselves
- feel prepared for everyday challenges

Kids with low self-esteem often:

- feel self-critical and are hard on themselves
- feel insecure, or not as good as other kids
- focus on the times they fail rather than the times they succeed
- lack confidence
- doubt their ability to do well at things

Why Self-Esteem Matters

When children feel good about themselves, it sets them up for

success – in everything from school to friendships. Positive feelings like self-acceptance or self-confidence help kids try new challenges, cope with mistakes, and try again. Taking pride in their abilities and accomplishments helps kids do their best.

By contrast, kids with low self-esteem might feel unsure of themselves. If they think others won't accept them, they may not participate as often. They may allow themselves to be treated poorly and have a hard time standing up for themselves. Kids who don't expect to do well may avoid challenges, give up easily, or be unable to bounce back from mistakes. Having low self-esteem can block success. It can leave kids distracted by the **stress** of how to deal with everyday challenges.

How Self-Esteem Develops

Contrary to what some might think, self-esteem does not come by telling kids they're wonderful, special, and great (even though they are!). Giving every child a trophy doesn't help kids' self-esteem. Indeed, it's possible for kids to feel good about themselves even when they fail.

When children compete – win or lose – they see that their own hard work and practice can make a difference. Earning a prize contributes to self-esteem only when a kid knows he or she earned it. Self-esteem is the result of experiences that help a child feel **capable, effective and accented.**



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Photo courtesy of <https://www.tesco-baby.ie/toddler/playing/outdoor-play-ideas-toddlers/>

How Self-Esteem Develops Cont.....

- When kids learn to do things for themselves and feel proud of what they can do, they feel **capable**.
- Children feel **effective** when they see that good things come from efforts like trying hard, getting close to a goal, or making progress.
- When kids feel **accepted** and understood by a parent or someone close, they are likely to accept themselves, too. Their good feelings about themselves multiply as parents praise good behaviors, help when needed, and give encouragement and support.

How Parents Can Nurture Self-Esteem

Self-esteem develops over time. And if it's low, it can be raised. **Here are things parents can do:**

Help your child learn to do things. At every age, there are new things for kids to learn. Even during babyhood, learning to hold a cup or taking first steps sparks a sense of mastery and delight. As your child grows, things like learning to dress, read, or ride a bike provide perfect opportunities for self-esteem to take root.

- **When teaching kids how to do things, show and help them at first.** Then let them do what they can, even if they make mistakes. Be sure your child has lots of opportunities to learn, try, and feel proud.
- **Praise your child, but do it wisely.** Of course, it's good to praise kids. Your praise is a way to show that you are proud, too. But research shows that some ways of praising kids can actually backfire. **Avoid over-praising.** Praise that doesn't feel earned doesn't ring true. **Praise effort rather than fixed qualities.**
- **Be a good role model.** When you put effort into everyday tasks (like raking the leaves, making a meal, cleaning up the dishes, or washing the car), you're setting a good example.
- **Ban harsh criticism.** The messages kids hear about themselves from others easily translate into how they feel about themselves. When kids absorb negative messages, they feel bad about themselves, and act accordingly.
- **Focus on strengths.** Pay attention to what your child does well and enjoys. Make sure your child has opportunities to develop these strengths. Nurturing strengths is better than focusing on weaknesses if you want to help kids feel good about themselves and succeed.

Breastfeeding Support Group
January 18th
Every *third* Thursday of the
Month from 4:30pm – 6:00pm