

## **Parenting with Nurturing: Cultivating Self-Esteem**

Welcome back to Parent SKILLZ, where we explore essential tools and insights to enhance your parenting journey. Today, we delve into the art of nurturing, particularly in addressing challenges like low self-esteem in children.

### **Parent Struggle: Child has Low Self-Esteem**

As parents, witnessing our children struggle with self-esteem can be heart-wrenching. It's essential to recognize that our words and actions play a significant role in shaping their perception of themselves. However, nurturing their self-esteem involves more than just praise; it's about creating a supportive environment where they feel valued and accepted, even when they make mistakes.

### **Lesson Learned: Separate the Behavior from the Child**

One crucial lesson in nurturing parenting is learning to separate the behavior from the child. Instead of labeling your child as "bad" for their actions, focus on addressing the behavior itself. By doing so, you can help your child understand that their actions do not define who they are as a person.

### **Tips for Nurturing Parenting:**

1. **Choose Your Words Wisely:** Instead of criticizing your child's behavior, focus on describing the behavior as "poor" or "unwise." This subtle shift in language can make a significant difference in how your child perceives themselves.
2. **Offer Positive Options:** When addressing poor behavior, provide your child with positive options for how they can repair the damage caused. Encourage them to take responsibility for their actions while also empowering them to make better choices in the future.

### **Rating Your Nurturing Skills:**

Take a moment to reflect on your nurturing approach:

1. Struggling to Separate: You find it challenging to separate the behavior from the child.
2. Attempting to Separate: You try to separate the behavior from the child but often forget to do so.
3. Moderate Success: While you make efforts to separate the behavior, you sometimes respond too quickly.
4. Effective Separation: You do a commendable job of separating the behavior from the child when they need it most.
5. Expert Nurturer: Separating the behavior from the child has become second nature to you, and you consistently apply it in your parenting approach.

As we continue our journey as nurturing parents, let's remember that building self-esteem is an ongoing process rooted in love, acceptance, and positive reinforcement. Together, let's empower our children to see their worth and potential, one nurturing moment at a time.

Until next time, happy parenting!