



Self-talk matters

Guide your child to be aware of the importance of how he talks to himself. Put-down messages such as, “I am so dumb” and “I can’t do this” serve to lower self-esteem and make things harder for us. Positive messages such as “I am pretty thoughtful” and “If I stick to it, I can do this!” help to bolster our confidence and chances of success. Of course, we all make mistakes and none of us is perfect, but we can keep a positive tone when we talk to ourselves about improvements we will work to make.

So when you hear your child put himself down, suggest a more positive statement and remind him that self-talk matters.

Hey, I just heard you tell yourself you are dumb. What nonsense! You may have done something dumb—just like the rest of us do sometimes—but please don't put yourself down. How about something that builds you up like, “Hey, Me, I just made a mistake. I'll do what I can to correct it, and next time I'll do it better!”

Self-talk matters (cont'd)



Encourage positive self-talk by asking your child to give himself a pat on the back when he does a good job.

Nice work sharing with your friend. That took some careful thought, and you should be proud of yourself. Feel free to say to yourself, "Nice job, Me!"