

Directions for Importing Newsletter Clippings

SELF ESTEEM

Parent Toolkit for Grades K-1 and Grades 2-4

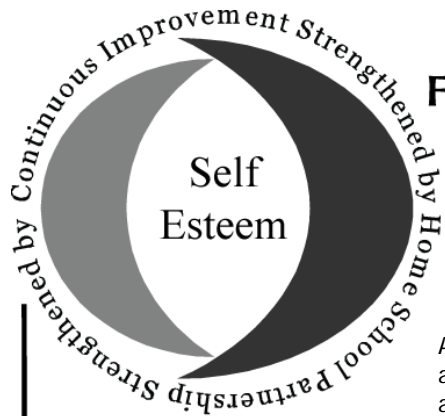
24 newsletter clips are included in this document:

- **K-1 clippings appear on pages 1 – 5**
- **Grades 2-4 clippings appear on pages 6 – 10.**

Each clipping has two parts: a PNG graphic for use in MS Office programs AND a text box containing the content.

Copy and paste each part separately from this document into your newsletter document. The layout for the PNG picture should be “behind text” and the layout for the text box should be “in front of text”. Both can be resized as needed.

CLIP 1 K-1



FROM THE PARENT TOOLKIT GRADES K-1

Children with high self-esteem are competent, honest, responsible, compassionate and loving.

A student who has high self-esteem is enthusiastic and shows a desire to acquire knowledge. They stay focused to complete a task and are accountable and responsible for their actions. A confident child demonstrates optimism when faced with challenges and works towards self-improvement. They have faith in themselves and their ability to meet challenges head-on. They value themselves.

Here are some examples of ways that parents and teachers can foster positive self-esteem and help children to become eager and successful learners.

At home,

- *Develop some family rituals.* It can be anything from having *Game Night* on Friday nights, to saying every day to your child as they leave for school, *"Have a great day, I love you. You can be anything you want..."*
- *Help your child feel competent* by giving small chores such as setting the table, making the bed, washing the counter in the bathroom, or putting toys away when finished playing with them.
- *Set aside fun days to learn.* Take a trip to a museum or attend a cultural arts event together (such as outdoor summer concerts at C.H. Booth Library).

Mini Clips for Clip 1 K-4



FROM THE PARENT TOOLKIT GRADES K-4

Children with high self-esteem are... competent, honest, responsible, compassionate and loving.



FROM THE PARENT TOOLKIT GRADES K-4

A student who has high self-esteem is enthusiastic and shows a desire to acquire knowledge.

They stay focused to complete a task and are accountable and responsible for their actions. A confident child demonstrates optimism when faced with challenges and works towards self-improvement.

They have faith in themselves and their ability to meet challenges head-on. They value themselves.

Mini Clips for Clip 1 K-1(continued)

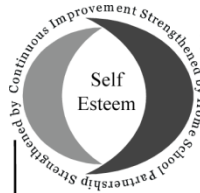


FROM THE PARENT TOOLKIT GRADES K-1

A parent can foster positive self-esteem and help their child to become an eager and successful learner.

Develop some family rituals.

It can be anything from having *Game Night* on Friday nights, to saying every day to your child as they leave for school, *"Have a great day, I love you. You can be anything you want..."*

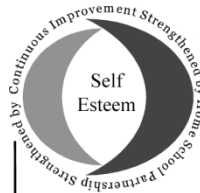


FROM THE PARENT TOOLKIT GRADES K-1

A parent can foster positive self-esteem and help their child become an eager and successful learner.

Help your child feel competent.

Give them small chores such as setting the table, making the bed, washing the counter in the bathroom, or putting toys away when finished playing with them.



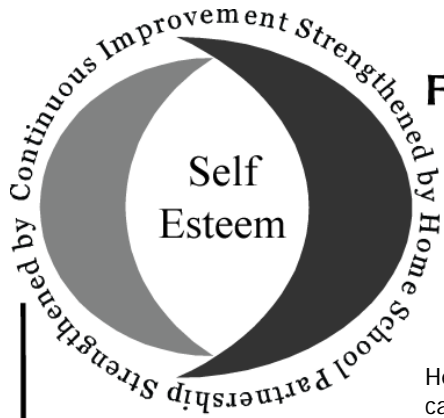
FROM THE PARENT TOOLKIT GRADES K-1

A parent can foster positive self-esteem and help their child become an eager and successful learner.

Set aside fun days to learn.

Take a trip to a museum or attend a cultural arts event together (such as outdoor summer concerts at C.H. Booth Library).

CLIP 2 K-1:



FROM THE PARENT TOOLKIT GRADES K-1

Children with high self-esteem are competent, honest, responsible, compassionate and loving.

Here are some examples of ways that parents and teachers can foster positive self-esteem and help children to become eager and successful learners.

At home,

- *Teach your child to follow through* with activities by encouraging as they work at a task. Proximity (being close) is key with kindergarteners. Work at a task of your own nearby so that you can look up to make warm comments about things they are doing right, followed by a simple suggestion about what they might do next. Then turn your attention back to your own task (load the dishwasher, pay the bills, read). If you sit right with them and help all along the way, the task becomes yours and makes them feel dependent.
- *Use sticker charts* at the kindergarten level, for things like tooth brushing, picking up clothes. Use the chart to help evaluate how well they are doing. Provide age appropriate rewards randomly, so they don't expect rewards every time they do something.
- *Remind them about previously learned accomplishments* (like riding a bike) to help them stick with something new until they master it.

Mini Clips for Clip 2 K-1



FROM THE PARENT TOOLKIT GRADES K-1

A parent can foster positive self-esteem and help their child become an eager and successful learner.

Teach your child to follow through with activities.

Encourage them as they work at a task. Proximity (being close) is key with kindergarteners. Work at a task of your own nearby so that you can look up to make warm comments about things they are doing right, followed by a simple suggestion about what they might do next. Then turn your attention back to your own task (load the dishwasher, pay the bills, read). If you sit right with them and help all along the way, the task becomes yours and makes them feel dependent.

Mini Clips for Clip 2 K-1 (continued)



FROM THE PARENT TOOLKIT GRADES K-1

A parent can foster positive self-esteem and help their child become an eager and successful learner.

Use sticker charts.

At the kindergarten level use it for things like tooth brushing, picking up clothes. Use the chart to help evaluate how well they are doing. Provide age appropriate rewards randomly, so they don't expect rewards every time they do something.

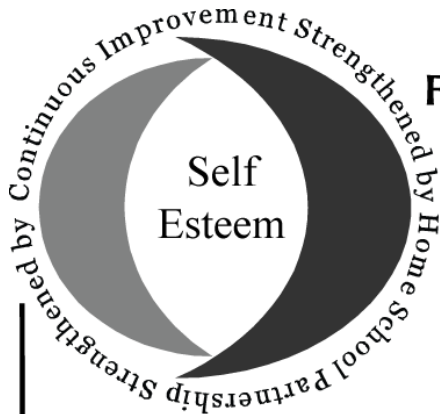


FROM THE PARENT TOOLKIT GRADES K-1

A parent can foster positive self-esteem and help their child become an eager and successful learner.

Remind them about previously learned accomplishments (like riding a bike) to help them stick with something new until they master it.

CLIP 3 K-1



FROM THE PARENT TOOLKIT GRADES K-1

More ways to foster positive self-esteem in children...

At home,

- *Don't let them quit* or end something because they say, "I'm so terrible at this." Teach them to link achievement with effort and practice.
- *Together, review the teacher comments* from their progress reports.
- When they are faced with a challenge, *help them see the small steps* and get started.
- *Accept less than perfect* for things like bed making – don't go back and fix it to make it perfect yourself.
- *Make sure they have the tools they need* to do the job, such as pencils they can grip comfortably, erasers.
- At the end of the day, *ask how the day went* and what was best about the day. You will need to be more specific with your questions for the younger child.

Mini Clips for Clip 3 K-1



FROM THE PARENT TOOLKIT GRADES K-1

A parent can foster positive self-esteem and help their child become an eager and successful learner.

Don't let them quit or end something because they say, "I'm so terrible at this." Teach them to link achievement with effort and practice.

Together, review the teacher comments from their progress reports.



FROM THE PARENT TOOLKIT GRADES K-1

A parent can foster positive self-esteem and help their child become an eager and successful learner.

When they are faced with a challenge, *help them see the small steps* and get started.

Accept less than perfect for things like bed making – don't go back and fix it to make it perfect yourself.



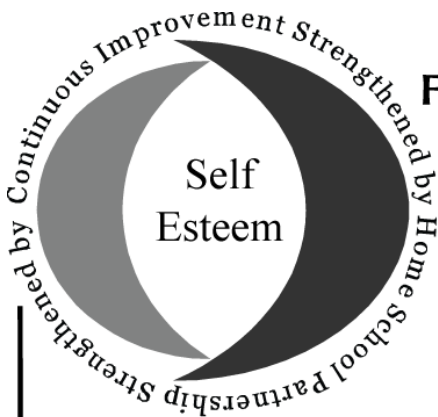
FROM THE PARENT TOOLKIT GRADES K-1

A parent can foster positive self-esteem and help their child become an eager and successful learner.

Make sure they have the tools they need to do the job, such as pencils they can grip comfortably, erasers.

At the end of the day, *ask how the day went* and what was best about the day. You will need to be more specific with your questions for the younger child.

CLIP 1 2-4



FROM THE PARENT TOOLKIT GRADES 2-4

Children with high self-esteem are competent, honest, responsible, compassionate and loving.

A student who has high self-esteem is enthusiastic and shows a desire to acquire knowledge. They stay focused to complete a task and are accountable and responsible for their actions. A confident child demonstrates optimism when faced with challenges and works towards self-improvement. They have faith in themselves and their ability to meet challenges head-on. They value themselves.

A child with positive self-esteem exhibits enthusiasm and a desire for the acquisition of knowledge.

At home,

- Encourage your child to take risks by acknowledging that first efforts are not usually perfect – we learn from our mistakes

At school,

- Give students 3 or 4 choices for how to complete an assignment, i.e. book report or power point or poster (they can present the same information in different ways).

Mini Clip for Clip 1 2-4



FROM THE PARENT TOOLKIT GRADES 2-4

A child with positive self-esteem exhibits enthusiasm and a desire for the acquisition of knowledge.

At home,

- Encourage your child to take risks by acknowledging that first efforts are not usually perfect – we learn from our mistakes

CLIP 2 2-4



FROM THE PARENT TOOLKIT GRADES 2-4

A child with positive self-esteem stays focused to complete a project.

At home,

- Make schedules to show what needs to be completed each day on long-term projects (budget your time).

At school,

- Give academic choice so children will be more invested in the task (book choice, topic choice, product choice).

Mini Clip for Clip 2 2-4



FROM THE PARENT TOOLKIT GRADES 2-4

A child with positive self-esteem stays focused to complete a project.

At home,

- Make schedules to show what needs to be completed each day on long-term projects (budget your time).

CLIP 3 2-4



FROM THE PARENT TOOLKIT GRADES 2-4

A child with positive self-esteem is accountable and responsible for his or her actions.

At home,

- Give children tasks (chores) to be responsible for and hold them accountable for completing them.

At school,

- Give students classroom jobs and hold them responsible for their actions.

Mini Clip for Clip 3 2-4



FROM THE PARENT TOOLKIT GRADES 2-4

A child with positive self-esteem is accountable and responsible for his or her actions.

At home,

- Give children tasks (chores) to be responsible for and hold them accountable for completing them.

CLIP 4 2-4



FROM THE PARENT TOOLKIT GRADES 2-4

A child with positive self-esteem exhibits satisfaction with themselves in a variety of situations.

At home,

- Talk through projects with your children in advance to set goals. Reflect on what they have done by asking questions and having the child explain the process and what they learned.

At school,

- Allow students the opportunity to do self-reflections by considering what they have done well and what they can do better, i.e. find beautiful written language in a piece and tell why it's terrific.

Mini Clip for Clip 4 2-4



FROM THE PARENT TOOLKIT GRADES 2-4

A child with positive self-esteem exhibits satisfaction with themselves in a variety of situations.

At home,

- Talk through projects with your children in advance to set goals. Reflect on what they have done by asking questions and having the child explain the process and what they learned.

CLIP 5 2-4



FROM THE PARENT TOOLKIT GRADES 2-4

A child with positive self-esteem seeks challenges and is accountable for individual and group decisions.

At home,

- Recognize that achievers link the results with their own effort and non-achievers link the result with chance. Help your child link cause with effect.

At school,

- Provide support and opportunity to participate in challenging activities, i.e. tell students how they can exceed the standard. Give choices.

Mini Clip for Clip 5 2-4



FROM THE PARENT TOOLKIT GRADES 2-4

A child with positive self-esteem seeks challenges and is accountable for individual and group decisions.

At home,

- Recognize that achievers link the results with their own effort and non-achievers link the result with chance. Help your child link cause with effect.