

Issue #7- April 2005

In this month's *Successful Child*:

April Issue

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Recently, there has been a lot of talk at my son's school about No Child Left Behind. Every parent has their own opinion about it. Whether you support or oppose No Child Left Behind, the point is parents want their children to receive quality education and support. Stay in touch with your child's teacher. Make sure to communicate with your child's teacher to stay abreast of how your child is doing in his/her classes. Remember to speak up and inform the teacher of any challenges your child may be having in the classroom.

Freebies

If your child is taking a state exam be sure to help your child with free practice tests. You can also review some of the great educational freebies that are available. [Successful Child.com Freebies](#)

Are you worried about your child's phonics and reading comprehension? Take this free Reading Aptitude Assessment Test and find out if your child has any reading deficiencies. [MindPlay.com](#)

[Free State Test Preparation](#)

[Free Family DVD](#) - Family oriented movies.

What's Happening at Successful Child.com

This week's **Free** Breakthrough Parenting Teleclass topic is: ***Communicating Effectively***. Learn tips that will help your child to listen and cooperate. The teleclass is from 9:00-10:00pm EST. To sign-up, please [email](#) me.

10 Things You Can Do To Connect With Your Child

1. ***Nudge. Don't push your child to succeed.***

Encourage your child to make progress. Support your child's needs in areas in which he/she needs more help. Avoid becoming a stress factor in your child's life.

2. ***Limit TV time for both of you.***

You and your child both have favorite shows. However, you can sacrifice one night a week to do something fun together.

3. ***Give advice, only when asked.***

Kids don't really want to hear about what happened back in your day. If you truly want to

empathize with your child, just listen and then offer advice only if your child is asking you.

4. *Have a sense of humor.*

Lighten up and laugh. Tell jokes to each other.

5. *Try something new together.*

Eat at an Ethiopian restaurant, visit a new museum, try yoga or martial arts, or take up belly dancing.

6. *Play Games.*

7. *Have a special date with your child.*

Board games, online games, or create your own games.

Take your child out for dinner or somewhere fun that you both agree on. Use the opportunity to find out what is going on with your child.

8. *Eat dinner together at least twice a week.*

Dinner time is the time for families to share and learn.

9. *Become part of his/her life.*

If you're a working parent, you probably spend an average of 4 hours a night with your child. Use this time wisely and assure your child that even though you don't get to see them as much, they are very much a big part of your life. Leave notes or poems for your child. Say to your child " Tell me all the good things about your day." Tell your child about your day. Avoid complaining or whining about your day.

10. *Trust your child.*

If you have set the example by being a model of honesty, then your child will follow suit. Children learn how to lie by observing their parents. When you show your child that you trust him/her, you develop confidence in your child.

5 Simple Ways to Enhance Self Esteem

I hope you have a great week! Spring is here and summer vacation is around the corner. This we're talking about the importance of self esteem. Self esteem is a combination of how children see themselves and how they perceive others to see them. Since parents are so influential in their children's lives, if parents don't show that they trust and have faith in their children, these children will have a difficult time trusting and believing in themselves.

Here are some tips on what to avoid:

1. Avoid labeling. Even if the label is not negative, it becomes a self fulfilling prophecy. If you constantly say that your child is shy or quiet, your child will continue to be shy and quiet. If your child is shy, help him/her break from shyness by getting your child involved in sports or drama.
2. Avoid exaggerating. Young children love to hear how great they are, but as children grow, they start to question how true your words are and start to doubt your sincerity.

5 Simple Ways to Enhance Self Esteem

1. Have a positive attitude.

Psst! Your children are watching you. They are watching how you behave and how you deal with disappointment and failure. Use positive body language. If your children see you behaving in destructive ways, they will assume that this is the normal way to react to disappointment. If you use negative self talk or self downing, your child will do the same. Model the positive attitude you want your child to possess. Use positive self talk. Teach your child healthy ways to deal with setbacks.

2. Let your child know that you disapprove of the behavior, not him/her.

When your child misbehaves, be clear and talk about how you felt about the misbehavior, not your child. Tell your child that you love him/her no matter what. Do not give your child the impression that your love is conditional and is dependent on how well your child behaves. Start your statements with "I" instead of "You" so that your child does not feel that he/she is always being accused of something. Avoid using words like **always** and **never**. For example, say "*I don't like when I am disrespected.*" instead of "*You're always disrespecting me.*"

3. Be Forgiving

Forgive your child instead of withholding affection or love.

4. Value Your Child's Opinion

Children sometimes give the best advice. They can be objective and impartial. Children also have the ability to use their creativity to do something differently from their parents. Even if you do not agree with the opinion, your child has the right to have an opinion. Look at life from your child's perspective and learn to understand where he/she is coming from. Let your child make small decisions for the family, such as dinner, weekend plans, movies, etc.

5. Have Faith in Your Child's Abilities

Give your child the opportunity to do things by him/herself. Give your child the chance to do a challenging task. Trust that your child is able to do it. Acknowledge your child's efforts and reinforce his/her independent thinking. Let your child know that it's ok to make mistakes.

Freebies

Free copy of David Bach's book: *Automatic Millionaire*, when you request an IRA kit from American Century Investors. [Automatic Millionaire](#)

[Free printable checklists for parents](#)

[Personalized printable certificates](#)

[Kids Worship CD](#)

Free Building Blocks for helping children gain confidence and improve self esteem - [Building Blocks for a Healthy Future](#)

[Free Preschool Online Activities](#)

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