

# Self Love and Children

It starts at home



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# What Self Love Is Not

Selfish

Conceited

Narcissistic

Perfection seeking

Spoiled

# What Self Love Is

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- Self Assured
- Confident
- Accepting of strengths and challenges
- Body positivity
- Not seeking perfection
- Kind and gentle towards self
- Kind and gentle towards other
- Setting healthy boundaries



# Where do Children Learn Self Love? From You- Their First Teacher

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- How do you
  - Describe yourself
  - Handle frustrations
  - Address mistakes
  - Acknowledge your accomplishments
  - Respond to compliments
  - Practice self care





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## How do Young Children See Themselves? Through Your Eyes

- How do you see your child?
- How do you describe your child?
- What kind words do you use?
- What words do you use when frustrated?



## Developing Self Love Can be Hard for a Child When We

- Set expectations that are too high
- Do not allow child to be realistically independent
- Compare child to siblings or others
- Do not allow child to share feelings
- Attribute behavior to child's character
- Embarrass or shame child

# Embrace Your Child's Uniqueness

- Do not strive for a mini me
- Talk about how differences are okay
- Allow your child to develop own interests
- Praise your child's strengths
- Acknowledge your child's challenges in a supportive way



# Teach and Model Body Positivity

1

Encourage physical activities that your child enjoys

2

Model healthy eating

3

Avoid making negative comments about child's appearance

4

Model self acceptance

5

Talk about media portrayals of beauty and acceptance

# Encourage a “Can Do” Spirit

- Give your child age- appropriate tasks and responsibilities
- Allow your child to make decisions
- Give your child choices
- Allow reasonable independence
- Give age-appropriate challenges
- Allow your child to come up with solutions
- Help when needed
- Allow for mistakes



# Nothing Says You are Important Like Spending Time with Your Child

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## **Set Aside Time to Routinely:**

Talk to your child

Listen to your child

Read to or with your child

Eat with your child

Hug your child

Do something fun with your child

Say "I love you"

