

**TAEG**  
**September 17 2014 with Doone Estey**  
**To Reduce Anxiety and Encourage Self-Esteem**

**1. Don't do for children what they can do for themselves.**

Write a job description for yourself, and your child. See them as capable and help them see themselves that way.

**Activity:** Choose one thing you'll stop doing for your child this coming week.

**2. Let children make choices.**

Give them some positive power over themselves. Hair, clothes, food, etc.

**3. Ask 'what' and 'how' questions, instead of solving and managing.**

When they aren't handling the situation well, help them focus.

"What have you got left to do before it's time to leave?"

**4. Give your child ways to contribute around the home.**

Let them experience the good feeling of doing for others, while becoming competent.

**Activity:** Make a list of jobs, with your children, which they can take over

**5. Establish routines and schedules.**

Give your child a timetable, a framework and the ability to anticipate.

**6. Invest the time necessary to teach them skills.**

For a child to work autonomously, he needs to go through a learning process.

**Activity: Pick a job for the four steps of training:**

Show them. Do it together. They show you. Be a consultant.

"Let me show you how we fill the dishwasher."

**6. Show respect for a child's struggle. Don't fix it for them. Let them experience the results of their choices.**

"A jar can be hard to open. Sometimes it helps if you tap the side of the lid with a spoon."

"You're not feeling good about going to school without your project finished, are you? Well, I'm not willing to write a note and be dishonest with your teacher. It may feel uncomfortable to face your teacher but you'll handle it."

**Activity:** Choose one natural consequence you'll let your child experience this week.

**7. Don't ask too many questions.**

"Glad to see you. How about a hug?" Tell them about your day.

**8. Encourage children to use sources outside the home.**

"Maybe the pet shop owner has a suggestion. Why don't you give him a call?"

**Activity:** Choose one way you'll encourage your child's resourcefulness this week.

**10. Don't take away hope.**

"So you are thinking of trying out for the play! That should be an experience."

**11. Be ok with mistakes.**

Children will have a learning curve, and will not do things as well as you can. And that needs to be ok. They need to feel safe to explore and take some risks. Celebrate mistakes and recognize effort and improvement.

**12. Family Celebrations/Meetings**

Family rituals strengthen family bonds and create a profound sense of belonging that will last a lifetime.

**Activity:** Start a weekly Family Meeting, and provide your children with a forum in which to contribute to decision making.