Lesson 10: Building Esteem in Your Kids

1. The Red Plate. "The Red Plate" is exactly that – a red plate. Yet it carries a message: "You Are Special Today!" Through the years it has been brought out for birthday celebrations or graduation events. It's funny how something so simple, continues to strike such a positive memory with children. More than the Red Plate itself, is the need for each home to have a *Red Plate Attitude*. The *Red Plate Attitude* bespeaks continued encouragement and positive reinforcement. Discuss ways that you can cut down on the negative and help your children begin to believe in themselves.

2. "Sticks and stones may break my bones, but words will never hurt me." How long will discouraging words from a parent stay with a child?

3. How do we find the balance between a politically correct culture that takes positive reinforcement to the extreme (for example, failing to correct a child for fear it might dent his self-esteem, or failing to reward a child unless everyone gets the same reward) and the opposite extreme of constant negativism that fails to praise?

THE FATHER KNOWS BEST

4.	Think about each of your children. List two or three of their strengths that you need to "draw out" (nourish) and "hatch" (cherish).
5.	Discuss your observations of the different ways children act out a lack of self-esteem.
6.	How does having a positive faith in God help our children understand their uniqueness and place in the world? And how would you counsel a child with a negative physical feature who wants to know – "Why did God make me this way?"
7.	What project(s) do you and your children do together that brings out the best in them?