

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?

