SELF-ESTEEM/PRODUCTIVITY MODEL

Source: Charles T. Gruszka, M.A., C.A.G.S

Parent/ Caregiver

warmth trust caring empathy firm expectations consistency

Child's Self-Esteem

feeling of being worthwhile

freedom from anxiety

emotional security





Productivity

A healthy individual is competent and caring

1 Good self-image & identity Comfortable with themselves Know who they are & where they are going

2 Coping skills Functions well in and out of school

Gets things done **3 Social adaptation** Gets along well with and cares about others **4 Oriented toward long-**

range goals Hopeful and optimistic as they progress toward their goals

Building Self-Esteem

Magic Triad: hug · smile · kind word

> Focused Attention

Empathetic Listening

Preserving Self-Esteem

Avoidance of criticism

Rational Discipline

KEY QUESTIONS:

How did my actions affect my child's self-esteem?

How would it feel to be my child? (EMPATHY!)