

DEVELOPING YOUR CHILD'S SELF-ESTEEM

Healthy self-esteem is a child's armor against the challenges of the world. Kids who feel good about themselves seem to have an easier time handling conflicts and resisting negative pressures. They tend to smile more readily and enjoy life. These kids are realistic and generally optimistic.

In contrast, kids with low self-esteem can find challenges to be sources of major anxiety and frustration. Those who think poorly of themselves have a hard time finding solutions to problems. If given to self-critical thoughts such as "I'm no good" or "I can't do anything right," they may become passive, withdrawn, or depressed. Faced with a new challenge, their immediate response is "I can't."

Here's how you can play an important role in promoting healthy self-esteem in your child.

What Is Self-Esteem?

Self-esteem is the collection of beliefs or feelings we have about ourselves, our "self-perceptions." How we define ourselves influences our motivations, attitudes, and behaviors and affects our emotional adjustment.

Patterns of self-esteem start very early in life. For example, a toddler who reaches a milestone experiences a sense of accomplishment that bolsters self-esteem. Learning to roll over after dozens of unsuccessful attempts teaches a baby a "can-do" attitude.

The concept of success following persistence starts early. As kids try, fail, try again, fail again, and then finally succeed, they develop ideas about their own capabilities. At the same time, they're creating a self-concept based on interactions with other people. This is why parental involvement is key to helping kids form accurate, healthy self-perceptions.

Self-esteem also can be defined as feelings of capability combined with feelings of being loved. A child who is happy with an achievement but does not feel loved may eventually experience low self-esteem. Likewise, a child who feels loved but is hesitant about his or her own abilities can also end up with low self-esteem. Healthy self-esteem comes when the right balance is reached.

Signs of Unhealthy and Healthy Self-Esteem

Self-esteem fluctuates as kids grow. It's frequently changed and fine-tuned, because it is affected by a child's experiences and new perceptions. So it helps to be aware of the signs of both healthy and unhealthy self-esteem.

Kids with low self-esteem may not want to try new things, and may frequently speak negatively about themselves: "I'm stupid," "I'll never learn how to do this," or "What's the point? Nobody cares about me anyway." They may exhibit a low tolerance for frustration, giving up easily or waiting for somebody else to take over. They tend to be overly critical of and easily disappointed in themselves. Kids with low self-esteem see temporary setbacks as permanent, intolerable conditions, and a sense of pessimism predominates.

Kids with healthy self-esteem tend to enjoy interacting with others. They're comfortable in social settings and enjoy group activities as well as independent pursuits. When challenges arise, they can work toward finding solutions and voice discontent without belittling themselves or others. For example, rather than saying, "I'm an idiot," a child with healthy self-esteem says, "I don't understand this." They know their strengths and weaknesses, and accept them. A sense of optimism prevails.

How You Can Help

How can you help to foster healthy self-esteem in a child? These tips can make a big difference:

- **Watch what you say.** Kids are very sensitive to parents' words. Remember to praise your child not only for a job well done, but also for effort. But be truthful. For example, if your child doesn't make the soccer team, avoid saying something like, "Well, next time you'll work harder and make it." Instead, try "Well, you didn't make the team, but I'm really proud of the effort you put into it." Reward effort and completion instead of outcome.
- **Be a positive role model.** If you're excessively harsh on yourself, pessimistic, or unrealistic about your abilities and limitations, your child may eventually mirror you. Nurture your own self-esteem, and your child will have a great role model.
- **Identify and redirect your child's inaccurate beliefs.** It's important for parents to identify kids' irrational beliefs about themselves, whether they're about perfection, attractiveness, ability, or anything else. Helping kids set more accurate standards and be more realistic in evaluating themselves will help them have a healthy self-concept. Inaccurate perceptions of self can take root and become reality to kids. For example, a child who does very well in school but struggles with math may say, "I can't do math. I'm a bad student." Not only is this a false generalization, it's also a belief that will set the child up for failure. Encourage kids to see a situation in its true light. A helpful response might be: "You are a good student. You do great in school. Math is just a subject that you need to spend more time on. We'll work on it together."
- **Be spontaneous and affectionate.** Your love will go a long way to boost your child's self-esteem. Give hugs and tell kids you're proud of them. Pop a note in your child's lunchbox that reads, "I think you're terrific!" Give praise frequently and honestly, without overdoing it. Kids can tell whether something comes from the heart.
- **Give positive, accurate feedback.** Comments like "You always work yourself up into such a frenzy!" will make kids feel like they have no control over their outbursts. A better statement is, "You were really mad at your brother. But I appreciate that you didn't yell at him or hit him." This acknowledges a child's feelings, rewards the choice made, and encourages the child to make the right choice again next time.
- **Create a safe, loving home environment.** Kids who don't feel safe or are abused at home will suffer immensely from low self-esteem. A child who is exposed to parents who fight and argue repeatedly may become depressed and withdrawn. Also watch for signs of abuse by others, problems in school, trouble with peers, and other factors that may affect kids' self-esteem. Deal with these issues sensitively but swiftly. And always remember to respect your kids.
- **Help kids become involved in constructive experiences.** Activities that encourage cooperation rather than competition are especially helpful in fostering self-esteem. For example, mentoring programs in which an older child helps a younger one learn to read can do wonders for both kids.

Excerpted from www.kidshealth.org

The Chilliwack CCRR is funded by the Ministry of Children and Family Development



Child care Chatter



Winter 2011

Your community's best source of child care information & resources

Coordinators' Corner

Referrals: Many of you are struggling to fill your spaces. Please know that we are doing our best to refer your name to parents BUT our referrals are significantly lower than usual. Other CCRRs in the Fraser Valley are experiencing lower referrals too. While stats show that Chilliwack's young child population is increasing, it appears that parents are finding ways to save money i.e. their children are being cared for by grandparents, parents are working opposite shifts.



Responsible Adult Training: Anyone who wants to open (or be a substitute in) a Licensed Family Child Care setting is required by Child Care Licensing Regulations, to be a Responsible Adult. A RA can also be hired to assist in a Licensed Group, Preschool or MultiAge setting. A RA must complete 20 hours of child care training in specific areas. Here at CCRR we are offering a 20 hour "Welcome To Child Care" course in the spring. Completion of the course will qualify a person as a Responsible Adult. If you know anyone who may be interested in this training, please have them contact our office for details.

Its All About Me: A conference for child care providers. See insert

Creating Healthy Environments for Kids As winter approaches we spend much more time indoors. Indoor air pollution is often two to five times greater than outdoors but there are some simple actions that can reduce children's exposures to toxic chemicals. One of the easiest ways to get started is to check out www.healthyenvironmentforkids.ca The Canadian Partnership For Children's Health & Environment (CPCHE) provides practical tips for reducing children's exposure to toxic chemicals and pollutants. In addition to taking steps to reduce environmental health risk in the child care centre, child care providers can also play a valuable role in modeling best practices and sharing information with the families they serve. On the website, simple, low-cost tips are outlined. For example, to prevent the chemicals in plastic from migrating into food and drinks, parents are advised against using plastic containers and wrap in the microwave, even if the label says 'microwave safe'. Frequent dust-busting with a vacuum, wet mop and/or damp cloth will help protect kids from the toxic chemicals that settle into dust from old leaded paint, upholstered furniture, electronics and numerous other sources. This is especially important in homes with babies or toddlers who are often on the floor and who explore their world with their hands and mouths. Avoiding air 'fresheners' and fragranced cleaning and laundry detergents will reduce exposures to chemicals that can interfere with normal hormone function. Just look for products without 'fragrance' or 'parfum' on the label. The scientific research on the role of toxic chemicals in chronic diseases, learning and behavioural challenges and other health problems is daunting and complex. The good news is that we can all take actions now that will significantly contribute to safer and healthier environments for children.

Barb

Lil Rascals Kids Swap Meet
Saturday Dec 03, 2011 9:00—3:00
604 858 4034

Welcome New Providers!

Stacy Bryant

Mary Carrizo

Taryn Janicek

Izabela Szczur



Chilliwack Community Services Child Care Resource & Referral Program

Mailing Address: 45938 Wellington Ave. Chilliwack BC V2P 2C7

Location: 7112 Vedder Rd. **Phone:** (604)847-2237 **Fax:** (604)824-1123

IMPORTANT CCRR NUMBERS

Coordinator:

Barb 604-847-2239
presseau@comserv.bc.ca

Referrals/Subsidy:

Nicole 604-847-2237
deann@comserv.bc.ca

Provider Support:

Glenda 604-847-2242
hemmingerg@comserv.bc.ca

Resource Library:

Hana 604-847-2236
sladekh@comserv.bc.ca

Program Support/Newsletter:

Shelly 604-847-2241
hayess@comserv.bc.ca

www.crr.bc.ca or
www.childcarechoices.ca

IMPORTANT NUMBERS/WEBSITES

Child Care BC Help Line 1-888-338-6622
(Info on subsidy, operating funding, ECE registry)
www.mcf.gov.bc.ca/childcare

Child Care Liability Insurance:
Pacific Care 1-800-565-6510
Fax 1-250-756-2021
Whillis Harding 1-800-667-2217

Coalition of Child Care Advocates of BC
www.cccabc.bc.ca

Licensing Office 604-702-4950
Children's Help Line 310-1234
(to report abuse)

CCRR HOURS

- Mon through Thurs. 8:30—3:00
- Open only by appointment on Fridays
- Open on workshop evenings 6:30—7:00 for provider support and resource library transactions by appointment please



All Registered LNRs must now complete a health reference (doctors form) every five years. All those whose references are more than five years old must complete a new one by March 31, 2012. If you are unsure if yours is over five years old, please contact Nicole ASAP. 847-2237

Early Years Conference 2012
The Development of Children's Mental Health: How Do We Become Who We Are?
 Feb 2-4, 2012
 Hyatt Regency Vancouver
www.interprofessional.ubc.ca
 1-604-822-7708

CHILDREN THE HEART OF THE MATTER
 CCRR Conference in Surrey Feb 3rd & 4th, 2012
www.childcareoptions.bc.ca

WRITE TO SANTA & HE'LL WRITE BACK!

Address: Santa Claus
 North Pole HOH 0H0
 Canada



Child care providers can choose from three reply options:

- 1) receive poster-sized letter addressed to the entire class/daycare
- 2) individual letters addressed to each child (sent to you for distribution)
- 3) letters mailed to each child's home (by providing a complete list of name and addresses) Make sure you send it off by December 9th.

See www.canadapost.ca/santascorner for more fun and info.

ONLINE TRAINING

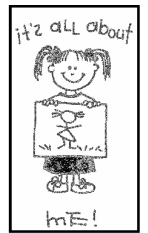
These sites offer online training for early childhood educators and parents. They offer a variety of topics and are free or low cost.

<http://www.learnnowbc.ca/educators/EarlyLearningCentre/default.aspx>
<http://www.circleofideas.net/>
www.workshopsonearlylearning.com/
<http://decoda.ca/children-families/leap-bc/food-flair/food-flair-training-resources>.

PLAYING IT FORWARD: DISCOVERING THE WONDER AND VALUE OF AUTHENTIC PLAY
 Early Childhood Educators of BC 41st conference
 May 3-5, 2012
 Vancouver
<http://decoda.ca/children-families/leap-bc/food-flair/food-flair-training-resources>.

CCRR CONFERENCE IT'S ALL ABOUT ME
 SAT. MARCH 3, 2012

CASCADE COMMUNITY CHURCH ABBOTSFORD
 604-847-2241



Children keep us in check. Their laughter prevents our Heart from hardening. Their dreams ensure we never Lose our drive to make ours a better world. They are the greatest disciplinarians known to mankind.
 Queen Rania of Jordan

VIDEO PRESENTATION OF THE COMMUNITY PLAN FOR A PUBLIC SYSTEM OF INTEGRATED EARLY CARE AND LEARNING


The Coalition of Child Care Advocates of BC and the Early Childhood Educators of BC are pleased to announce the release of their video presentation of the community plan. View the video and learn more about the plan at www.ecebc.ca/news/integrated_project.html

Provider/Child Drop-ins 9:00—11:00

Our weekly Friday morning drop-in is a great place to connect with other child care providers, give the children a chance to socialize with others and chat with CCRR staff. All family child care providers are welcome, even if you have no child care children on Fridays. We encourage you to give it a try.

Sardis 7112 Vedder Rd.

Jan. 6 & 20
 Feb 3 & 17
 Mar 2, 16, & 23
 Apr 13 & 27
 May 11 & 18



Central Elementary School 9435 Young Rd.

Jan 13 & 27
 Feb 10 & 24
 Mar 9 & 30
 Apr 20
 May 4 & 25

Please bring a healthy snack for the children

LNR's: Please advise us if you take any other training or courses so that we can count it toward your required training hours

Child Care Subsidy Update


Please note that subsidy renewal & claim forms are no longer being sent out. Parents need to reapply one month prior to their expiry dates.

Did you know? CCRR has all the forms to apply or renew, and we have claim forms.

Celebrate National Child Day Nov 20


For a child friendly version on the UN Convention on the Rights of a Child see:
www.unicef.org/rightsite/files/uncrcchildfriendlylanguage.pdf

Activities for child and youth can be found online at:
www.phac-aspc.gc.ca/ncd-jne/kit-eng.php



Coming here for evening or Saturday training? Please try to park in front of our building. If it's full, you can park in the lot next to us without being towed, try and keep to the spaces nearest our building.

Surf's Up!



www.missrupi.com Popular children's songs translated to Punjabi
www.communityplaythings.com has numerous articles for people who work with children
www.cda-adc.ca/en/oral_health/faqs_resources/teaching_resources/
 The Canadian Dental Association provides you with resources for dental health, complete with a 'smile certificate' when a child loses their first tooth
www.fraservalleyautism.com A non-profit support and information group servicing from Langley to Hope.

Cozy Kids Daycare Closing End of November
 Inventory for sale, please call for an appointment 604-991-5437

Providers, please remember to give copies of the Parent Pages to the parents. If you need more copies, please let us know.

DON'T FORGET TO LOOK FOR US ON FACEBOOK!

The Minor Capital Funding Program will no longer be accepting applications for 2011/2012 fiscal year. The ministry is redirecting a portion of funding from its child care minor capital program in order to help meet the rising demand for child care subsidies and to continue supporting child care providers with their operating costs.
www.mcf.gov.bc.ca/childcare/providers.htm

HAVE YOU APPLIED? Child Care Operating Funding Program (CCOF)

The Child Care Operating Funding Program assists eligible licensed group and family child care providers with the cost of providing child care. Funding amounts are based on enrolment.
www.mcf.gov.bc.ca/childcare/operating.htm

RESOURCE LIBRARY THEME BOXES

- It is important that you inspect and mark the check list and let us know right away if something is missing.
- If the list comes back unchecked and there are items missing, you will be asked to replace or pay for the missing items.
- If you would like to pick up a theme box or other resource on a workshop night, please call us ahead of time so we can get that organized for you.

Providers-Please Keep Us Updated:

- When you change your email, cell/phone number.
- When you have child care spaces.

KIDZ-GO 604-824-8007
 A taxi/shuttle service

RENTAL ASSISTANCE PROGRAM
 BC Housing is working with organizations like Child Care Resource & Referral to reach out to low-income families to help make their rent more affordable through the Province's Rental Assistance Program. Applications can be picked up at the Chilliwack CCRR office. For more information call BC Housing at 1-800-257-7756 or visit www.bchousing.org/programs/RAP

BC Healthlink line: dial 811 for access to nurses 24 hours per day, pharmacists from 5 pm til 9 am, and dietitians Mon—Fri 9 am til 5 pm. See also www.healthlinkbc.ca

DID YOU KNOW? You need to redo your criminal record check every five years now.