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# Foreword

It is quite simple to be able to provide for the basic necessities of a child such as food, clothing, shelter and others. However when it comes to providing the nurturing element in a child's life a little more thought and energy needs to be exercised. There are some general guide lines that can and should be followed to ensure the emotional health development of a child.



## ***Empowering The Child***

Encourage, Strengthen And Nourish Your Child With These Powerful  
Concepts

# Chapter 1:

## *The Basics On Nurturing Your Child*

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### Synopsis

Being aware of the capabilities of each stage in a child's growing life is important. This is to ensure that no unnecessary expectations or demands are made on the child.



## **The Basics**

Allowing and encouraging a child to express his or her feeling freely is one way of teaching a child how to cope with difficulties. The teachings and guidance extended should be done in a positive manner to ensure the element of violence is not part of the expression process.

Making an effort to respect the child and the expressed feelings of the child is paramount in building a strong relationship where the child feels confident in broaching any problem or situation.

Establishing an open communication style is beneficial to both parties. This style allows the child to be confident in the listening capacity of the parent without being judgmental or unduly harsh.

Encouraging the child to be open and adventurous will help the child to build their own individual confidence and personal discipline levels. They will then be able to have the independence and self worth that comes from being able to cope when exposed to different things.

Above all a child must be confident in a parent's love and acceptance. With all the other negative elements in the world today, being able to count on a parent's unconditional love is very important. If this element is present in the relationship most children can cope better in life.

# **Chapter 2:**

## ***Build Your Childs Self Esteem***

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### **Synopsis**

Building self esteem in a child will be the creating factor in the makings of a health adult both in mind and body. The foundation of having confidence and the rounded well being factor will definitely carry through to adulthood and the successes expected.



## **Self Worth**

Encouraging a child to positively develop their own individual self image is very important. Though it starts as a small and insignificantly thought of process, the building of self image is actually very impactful in the way a child views themselves. These views will undoubtedly be transferred into adulthood, so the implications are far and wide.

Teaching a child to have a strong positive self image will also help to keep the child from having future behavioral problems. These problems normally stem from the feelings of looking for acceptance which if not found within the family unit, will then be sought outside.

During the young stages of a child's life, being available for the child as much as possible is also another way to build self esteem. However being around does not necessarily means pandering to the every whim and fancy of the child. It is more to build a level of bonding within the family unit so that the desired closeness will be instrumental in growing the love and confidence element in the child.

Interacting and being genuinely interested in the child activities and accomplishment is also highly recommended. Sometime it may require a certain percentage of feigning interest but its well worth exercising the effort to encourage the feeling of self worth in a child.



Explaining gently or correcting a child gently keeps the child from becoming overly fearful yet still being able to understand the reason for the correction and also being able to acknowledge the mistake. This in turn helps the child to always be able to move on and improve themselves even after a mistake has happened.



# Chapter 3:

## *Catch The Good And Not Always The Bad*

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### Synopsis

Human nature is such that most people only acknowledge the negative in anything. Being able to focus on the good can be a challenge but it is not impossible. Training the mind from an early age would be a benefit to all around.



## **The Good Stuff**

Children are by far a very innocent and impressionable bunch, therefore whatever actions and words spoken must be done with the utmost care and concern. Those who are in the position to impart the necessary confidence in a child should take every possible opportunity to do so.

In every instance from games to doing simple stuff the focus and comments made should be of a complimenting and encouraging nature. Things that may seem silly or trivial to an adult would be very important to a child so being careful and prudent in all comments is important. This does help the child to foster further positive mind set and be willing to try new things without having to be concerned about being condemned or criticized.

When the adult is able to focus on the positive of everything, the child will also learn to do so. This will come in handy when the child is exposed to the “real world.”

Praising a child as often as possible also helps the child to be able to understand how to acknowledge the good in others too. Children definitely respond better to positive words and actions. It is much easier to get the cooperation and participation of a child when the general persuasive comments and compliments are of a positive nature.

A child who is used to being positively encouraged will also be able to give positive encouragement to others. These types of children would have no problem making friends and being popular. Their ability to share and be caring is also a byproduct the positive elements they have been exposed to.



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