

Parenting Challenges facing Muslims Today

Week 1: Parenting to develop self
esteem and self confidence in
children

Introductions

- Please introduce yourself:
- Name
- Ages of children
- Did you attend TLC course?
- What are you hoping to get from this course?
- Any suggestions on specific topics?

Review of main points from TLC

- Parenting takes time, effort and constant learning
- Children need to feel loved and that includes loving them enough to set limits
- C stands for Communication and care – both are important ways to build a relationship with your children
- Your relationship with your children is the most important influence you have with them

This course

- Some topics we will cover:
 - Building confidence in our children
 - Ensuring school success
 - Peer pressure and bullying
 - Developing spiritual and moral intelligence in our children
 - Other suggestions?

Agenda

- Understanding self confidence. The difference between self esteem and self confidence
- Why is it important to have self confidence?
- What are some parenting attitudes that kill self confidence in children? (What NOT to do)
- What are some parenting attitudes that help develop self confidence in children? (What TO DO)

Points to ponder

- What is the difference between self confidence and self esteem?
- Why is it important for children to have self esteem and self confidence?

Definitions: Self Esteem

- a realistic respect for or favourable impression of oneself; self respect
- liking yourself a lot, holding a positive opinion of your actions and capacities
- The debate on Self Esteem and the value of “feeling bad about yourself” or guilt

Definitions: Self Efficacy

- the belief that one is capable of performing in a certain manner to attain certain goals
- It is domain-specific; that is, one can have more or less firm self-beliefs in different domains or particular situations of functioning

Definitions: Self Confidence

- Self-confidence is essentially an attitude which allows us to have a positive and realistic perception of ourselves and our abilities. It is characterised by personal attributes such as assertiveness, optimism, enthusiasm, affection, pride, independence, trust, the ability to handle criticism and emotional maturity.

Definitions: Self Confidence

- It can be learned and developed through practice
- Self-confidence results from what psychologists call an internal locus of control. (*Locus* means central point.) This means that people who are self-directing, who accept responsibility for their own results, have greater self-confidence.

Why is it important to have self confidence?

- Helps you succeed at school, work
- You are more 'comfortable in your own skin', have less anxiety
- Protects you from peer pressure
- Allows you to try new things and take risks
- Allows you to deal with challenges and new situations easily
- Other reasons??

Attitudes and Habits that Kill Confidence

- Over parenting and rescuing
- Too much concern with looking good
- Criticism, comparisons, judgments and evaluations
- Materialism and attention to the physical
- Expecting your child to live out your dreams
- Excessive praising

Attitudes and Habits that Kill Confidence (contd.)

- Being over controlling
- Being overly concerned with successful outcomes

Attitudes and Habits that raise Self Confidence

- Don't do for a child what they can do for themselves
- Let children make choices
- Ask 'what' and 'how' questions, instead of solving and managing

Attitudes and Habits that raise Self Confidence (contd.)

- Take time for training. The difference between under and over parenting
- 4 steps:
 - Show them
 - Do it together;
 - They show you;
 - Be a resource

Attitudes and Habits that raise Self Confidence (contd.)

- Establish routines and set them up for success
- Show respect for a child's struggle. Don't be quick to save them!
- Don't interrogate
- Encourage children to use sources outside of the home

Attitudes and Habits that raise Self Confidence (contd.)

- Don't take away hope
- Give the child ways to contribute around the home
- Consider "failure" to be feedback
- Respect their temperament

Questions and comments?