

Building self-esteem in children

“Being a mother is the highest paid job in the world, since the payment is in pure love.”

An interactive workshop on the topic **Building self-esteem in children** was conducted at ZENITH counselling and conversational English training centre. It was conducted by Mrs Arti Bhatia who is a counsellor and a language trainer and also a mother of a 15 years old son. She used her knowledge and experience to deliver the session.

This workshop was specially designed for mothers, since they play most important role in the psychological development of their children. Workshop was presented with the help of power point presentation and was also supplemented by short skits performed by the two members of her conversational English class. Those two members were also the participants for the workshop. Mrs Arti Bhatia had also used certain tools like **Rosenberg self-esteem scale** related to overall feelings of self-worth for mothers so that they could judge their own self-esteem and how they can help their kids to improve their self -esteem.

The key points of her lecture were i.e. message to the parents:-

- ▶ Become a role model
- ▶ Be an empathetic listener
- ▶ Be a friend to your child
- ▶ Be less judgmental
- ▶ Be patient
- ▶ Accept your child’s failures
- ▶ Motivate your child to move ahead
- ▶ Spend quality time with your kids

All the participants i.e. the loving mothers came up with their experiences and challenges as parents and also became nostalgic while co-relating today’s situation with their own childhood days. All of them gave a very positive feedback about the session and treated it as a learning experience.