

# Building Self-Esteem In A Social Media World

“Seek first to understand and then to be understood.”

*Stephen Covey, Author*

“Children have never been good at listening to their elders,  
but they have never failed to imitate them.”

*James Baldwin, Author*

Presenter: Susan Stone Belton, BSE  
Coach, Speaker, Author

Susan is a certified Special Education Teacher with decades of experience working with children and families. She has presented hundreds of talks to Bay Area groups, focusing on effective communication and discipline for all ages.

Susan’s varied experiences include teaching teenagers with emotional and behavioral problems in juvenile hall, managing crisis hotlines for parents and teens, operating home-based preschools, and teaching Gymboree classes.

She is also the proud mother of two confident young adults.

## Understanding My Child

The goal of parenting is to raise a successful adult.

What do you want your child to be like at 21?

Everything must be taught.

We need to accept our kids for who they are, not who we expected them to be.

## Social Media

Popular sites: Snapchat, Instagram, YouTube, Twitter, Pinterest, Tumblr, WhatsApp, Musical.ly

Social networking Pros:

- an extension of real life friendships. It helps them enrich and manage their social lives.

- can give shy, socially awkward teens a comfortable way to communicate -- one that's less intimidating than meeting face-to-face. This can boost their self-esteem and help them practice their social skills.

- can give teens with unusual interests or hobbies a place to share information and enthusiasm.

- teaches our kids about computers, technology, and the on-line world.

## Social networking Cons:

Cyberbullying, which may be the biggest online danger to kids. It's often an extension of bullying that takes place at school but can be just as damaging, if not more so.

Online predators. While being harassed or stalked online by adult predators is far less common than cyberbullying, any incident is one too many.

Less face-to-face, real life interaction with family and friends.

## Providing Structure and Limits:

Need to discuss and have rules about Internet Safety and On-Line Privacy

Discuss rules with your kids, and see what they think is fair. Work on a compromise when you disagree.

Set times during the day when electronics can be used.

Charge electronics in the parent's bedroom.

Follow the same rules...when your kids are awake.

## Building Self-Esteem

1. Make your child feel appreciated, needed, and part of the team. Praise, but don't over praise. Put a surprise note in their lunchbox or on their bathroom mirror. Assign chores, even ones that might be difficult. Ask for their help (opening a jar, offering their opinions, watching a younger sibling).

2. Encourage your child to be involved in solving their own problems. You should not rescue your child (except in a safety issue). "What have you tried before when this has happened?" "What can you do to make yourself feel better?"

3. Allow your child to make some of their own decisions. Discuss options and consequences, but then allow children to make their own choice. Ask yourself, “What’s the worst that can happen?” Choose your battles.

4. Try to frame things in a positive, rather than a negative light. Children are very sensitive to your comments. Instead of, “Next time, you need to try harder”, say “I am proud of your effort”.

5. Do not compare your child to a sibling, a parent, or a friend. You are raising an individual, not a clone.

6. Reward effort and hard work instead of just the result. Hang papers on the fridge that have some mistakes in them. Attend the game even if your child doesn’t start. Teach that failure is simply the first try. Use the word “yet”.

7. Have realistic expectations for your child. Encourage your child to have reasonable expectations for themselves. When your child says, “I am bad at math”, encourage your child to say, “I am smart, but need to spend more time on math”.

8. Be a positive role model. Avoid negative comments about yourself. Be affectionate, positive, and upbeat. When you make a mistake or fail at something, say “Darn it. I will just have to try again.”

9. Spend time with your children. Make sure your children know how much they are loved and liked. Give each child some individual, scheduled attention.

## Effective Communication

### **How to Listen:**

Listen to children how you want them to listen to you.

You have 2 ears and 1 mouth - listen more than you talk.

Listen to understand and not to respond.

Be patient, calm, and polite.

### **How to Talk:**

Talk with children how you want them to talk with you.

Respond with empathy. Say "I understand".

Talk at bedtime, in the car, and at the dinner table.

Ask your kids to educate you and for their help.

Don't yell.

# Building Self-Esteem In A Social Media World

## Bibliography

Real Parents, Real Kids, Real Talk

Author: Susan Stone Belton, BSE

The Blessings of a Skinned Knee

Author: Wendy Mogel, Ph.D.

The Ten Basic Principles of Good Parenting

Author: Laurence Steinberg, Ph.D.

The Price of Privilege

Author: Madeline Levine, Ph.D.

Raising Resilient Children

Authors: Robert Brooks, Ph.D., and Sam Goldstein, Ph.D.

How to Talk so Kids Will Listen and Listen so Kids Will Talk

Authors: Adele Faber and Elaine Mazlish

The Ten Basic Principles of Good Parenting

Author: Laurence Steinberg, Ph.D.