



# Heart Strings



*A newsletter for parents and teachers building a community of social responsible children and youth.*

**By Deb Landry**

**Volume 1:0010**

## What is Self Esteem?

*Dear Parents and Teachers,*

Encouraging self esteem in our youth is the foundation of Crossroads, our 501 c3 youth organization. Supporting youth at a young age to trust and believe in themselves is vital to their positive development. Healthy self esteem leads to making positive choices. Parents play the most important role in nurturing their children development of self confidence. So how do we teach self esteem? Here's a few beginning suggestions:

- Practice Acceptance, Respect, Communication, and Understanding, you are their mirror
- Actively listen to your child
- Teach them to take pride in accomplishments and learn from their mistakes
- Teach tolerance for self and others
- Understand and handle peer pressure appropriately
- Handle positive and negative emotions
- Set limitations
- Praise, don't over praise
- Discipline with respect
- Get involved in your child's life

Do you have a specific subject you would like us to write about or have a parenting question? Contact us at [info@brysonstaylorpublishing.com](mailto:info@brysonstaylorpublishing.com)

For more information on Self Esteem visit the National Self Esteem Organization at:

- <http://www.self-esteem-nase.org>
- [www.search-institute.org](http://www.search-institute.org) Review the developmental assets by age
- [www.americaspromise.org](http://www.americaspromise.org)
- <http://www.forumfyi.org/> Ready by 21 Program

and check out our special offer at [www.brysonstaylorpublishing.com](http://www.brysonstaylorpublishing.com)

Below is a wonderful book from Dr. Stuart Hoffman and Sharon Penchina on building self esteem in young children. I highly recommend it for your child's library.

*Fondly,  
Deb Landry*



### Help deliver Positive & Empowering Statements to all Children

Today ONLY we have a special offer: a once in a lifetime opportunity to find a new way of telling children they are loved, loveable, and special!

We all have children in our lives: our own, our families our friends, or our colleagues' children. And we were all children once ourselves! But so rarely are children given the tools to build their own self esteem. Until now...

<http://www.iamalovableme.com/book.htm>

To help even the youngest child develop and practice the core building blocks of constructive internal dialogue, Sharon Penchina, C.Ht. and Dr. Stuart Hoffman introduce the I AM a Lovable ME! book.

The I AM a Lovable ME! book is filled with loving, self-affirming words spoken by the "LOVABLE ME" bug. Both children and their parents will enjoy this whimsical journey while the self-talk builds positivity and strong self-esteem.

TODAY ONLY, a select group of extraordinarily talented world experts are offering you a big incentive upon doing one thing today. All you have to do is follow the link to find out more!

Maybe you have seen offers similar to this before....but what makes this one unique is two things: the book and the extraordinary gifts for purchasing just one book!

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And remember, you aren't just purchasing a product, you're changing a life! (or many lives), if you're up to the task!

<http://www.iamalovableme.com/book.htm>

If you're still not convinced, here s an expert in his field who will attest to how great this opportunity is:

"Remind your child every evening just how special and loved they are, as you read to them or with them, and share these uplifting affirmations that will become a part of their internal dialog."I AM a Lovable Me!" will make a positive, loving, lasting impression that your child can drift off to sleep by!"

Jack Canfield  
Co Author, Chicken Soup for the Kid's Soul

Click here to learn more:

<http://www.iamalovableme.com/book.htm>

**Do you have yours yet?**



**Get your copy of**

**Sticks Stones and Stumped!**

By Deb Landry

[www.brysonaylorpublishing.com](http://www.brysonaylorpublishing.com)

**Coming up next month.....**

**Good Coach Bad Coach**

**and**

**Summer Safety**

Do you have a subject you would like us to report on or have a related article you would like published in our newsletter? Submit your articles or ideas to:

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