



 tip of the week

**My son has become fairly negative and hard on himself.
How can I help him?**



A growing boy can encounter some damaging realities when dealing with playmates, preschool and kindergarten! Here are some ideas to help build up your son's self-image.

- Focus on your child when he talks. Put yourself at his eye level, make eye contact and respond in words that tell him you care and understand how he feels. He needs to know that you are on his side and that home is a safe place.
- Take time to review each day's events. Point out the positive times he enjoyed! If there were disappointing moments, gently ask questions to help him think of ways he could act differently next time. Give him words to use; and then role-play, so he can practice those words and skills.
- Let your words be positive ones before your son goes to sleep. Remind him of how special he is to you, how much God loves him and how even bad days have an end. Pray with your son and ask God to help him when he feels sad. Help your child know God is with him and will help him, too. As you take steps to help him, he will grow stronger and become more able to handle hurt and disappointment.