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Self esteem is the feeling which the people experience about themselves. When the child feel good about themselves, then this feeling is reflected in their behavior, how they relate to their friends, teachers, parents and siblings. It is very important because self esteem affects individuals throughout life, so parents should help their child to develop healthy level of self esteem.

The parents can help their children in many ways like they can help their children learn that they are lovable, capable, and competent, beginning when their children are at a very young age. Unfortunately this is also the age where children can have low self esteem if not motivated properly. Parents must keep a track of this as children learn the first lesson of self esteem from the parents. By the time a child is three years old, the child becomes an emotionally complex person who has experienced a wide range of emotions. A person s level of self-esteem determines how fit the person feels to meet the challenges of life and to what degree that person feels worthy of love.

Self-esteem development begins early in life. Most parents want their young children to have a healthy sense of self-esteem. That desire can also be seen in education--schools around the country include self-esteem among their goals. Many observers believe that low self-esteem lies at the bottom of many of society s problems. Children with high self-esteem are happier and more successful and prosperous in their future lives. Low self-esteem is common to children who are performing badly at school, have behavioral problems and suffer from depression.

We need to control our child s behavior so that the child doesnâ€™t t hurt the self or damage valuable belongings. But we also need to give children opportunities to express this exploratory behavior without constant restrictions and criticism. As parents we want to protect our children from all life s pain and discomfort, however, no matter how much we try, it is an impossible task. If we carefully monitor our child s activities and achievements, and pay attention to whatever unfolds in their daily lives, we will be able to provide our children with great opportunities.

There are listed few facts about self esteem:

â€¢ Children start shaping beliefs about themselves at an early life.

â€¢ Children observe their parents and their adults for evidence that they are smart, lovable and capable but in case if they fail to receive this evidence then low esteem develops.

â€¢ The level of self esteem also effects in school performance. Children who feel good about themselves, they rank well in the school than the children who lack self confidence. School success really affects the child self esteem and children who perform poor think low about themselves.

Self esteem also help in maintaining good behavior in all children. Those who feel good about themselves have a positive relationship with other people. On the contrary, children who don't like themselves often have trouble relating to other people.

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