



Counseling Partners of Los Angeles

TEACHING CHILDREN TO ACCEPT THEMSELVES AND OTHERS

Interested in Counseling for Your Child

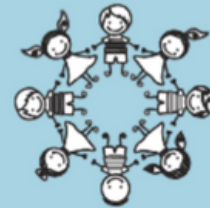
CPLA's counseling services are FREE to all students attending one of our partner schools!

Reach out to the school principal or your child's teacher or request a CPLA referral form from the school.

Mission of CPLA

The mission of Counseling Partners of Los Angeles is to support at-risk and underserved students living in Los Angeles by providing a low-cost, school-based program that delivers essential counseling and support services students need in order to grow toward their full potential emotionally, intellectually, morally and socially.

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Helping Kids Accept Themselves: Self-Confidence and Self-Esteem

As soon as kids are born, they start learning new skills at a rapid pace. The confidence and esteem that comes along with mastering these skills is as important as the acquisition of them. Kids need to learn that they are capable agents and have the tools they need to navigate the world and its setbacks. Parents, caregivers, and teachers can help children learn and increase their self-confidence and self-esteem in the following ways.

Model Confidence in Your Own Life

- Tackle new and challenging tasks with optimism and preparation. Acknowledge your anxiety but don't let it stop you from facing the next challenge.

Don't Get Upset About Mistakes

- Show children that it's okay to make mistakes and that it's learning from them that is most important.

Encourage children to try new things

- While focusing on children's strengths is helpful, encourage children to diversity their skill set which will give them a sense of mastery of the world.

Allow Kids to Fail

- It's normal to want to protect children, but learning from failure is an important skill to attain.

Encourage and praise perseverance

- Self-esteem and confidence do not come from succeeding at all challenges, but from persevering even when it gets difficult.

Support Children's Passions

- Forming hobbies and interests help children form an identity and then self-confidence. The growth of their talent will also grow their self-esteem.

Set Goals

- Teach children to create achievable goals which will give them a sense of mastery. It's important for children to learn goal-setting as this will help them succeed in adulthood.

Praise Effort

- Express that you are proud of your child's effort no matter the outcome.

Allow children to help with family tasks

- Give age-appropriate tasks for kids to do so they feel they are a valuable part of the family

Embrace Imperfection

- Show and teach children that perfection is unrealistic.

Foster opportunities for success

- Kids need challenges but also opportunities where success is inevitable.

Make sure kids feel your love

- No matter the outcome, make sure your children know that you love them.

<https://childmind.org/article/12-tips-raising-confident-kids/>

"Behind every child who believed in themselves is a parent who believed in them first." -
Matthew Jacobson

Teaching Kids to Accept Others



The ability to have compassion and kindness for others is a critical social competency. Children learn to accept others in different ways depending on their age. Here are multiple ways you can encourage kids to accept and be inclusive of others.

5-9 Years Old

Use concrete examples - Focus on facts and specific, literal examples of how to accept others.

Point out differences and similarities - Let children point out how they are different or the same to someone else.

Encourage children to humanize others - Have children introduce themselves and ask for the name of the person whom they are meeting

Honor curiosity while stressing respect - Let children know that it is acceptable to ask questions, but that they should be respectful as well

10-11 Years Old

Encourage emotional thinking - Ask children how they feel and not just what they think after encountering someone different from them

Talk about conflicted feelings - Talk about how it is easy for all of us to care more about social perception than doing the right thing.

Let kids know that confusion is normal - Let children know that it can be confusing to decide on how to include others and accept differences. Focus on having children overcome that fear.

Discuss social groups and cliques - Make sure children understand that harm can be done in excluding someone based on their differences.

12-17 Years Old

Encourage empathy and kindness - Teach children to intervene when someone is being bullied or include another student who is lonely.

Talk about the exclusion of others - Anxiety and depression can result from isolation.

Start a discussion on children's differences - Converse with your children about what makes them unique and show that you accept them.

Learning from Failure

Why it's okay for kids to fail

Failure is a part of life. If harnessed correctly, it can be used to propel children to new heights and teach them valuable lessons.

"The ability to tolerate imperfection—that something is not going exactly your way—is oftentimes more important to learn than whatever the content subject is [in school]...building that skill set is necessary for kids to be able to become more independent and succeed in future endeavors, whether it's personal goals, academic goals, or just learning how to effectively deal with other people."
Amanda Mintzer, PsyD

How caregivers can help children learn from failure

- **Be empathetic** - When your child fails, validate their frustration and disappointment. Instead of just saying "You'll do better next time", acknowledge their emotions. For example, you can say, "I can see you are really sad and that you are bummed you didn't win."
- **Make yourself a model** - Be okay with making your own mistakes. Children sometimes think that life is supposed to be perfect. By showing them that life continues after a mistake, they are more likely to be comfortable with going outside their comfort zone and risk making an error.
- **Foster teachable moments** - Teach your child that failure can be a learning moment. To accept the error and then problem-solve ways that it can be prevented in the future.
- **Allow kids to fail** - Consider what it would be like to give your child the space to make a mistake and fail. This way, they can learn valuable skills to increase their resilience and ability to face challenges head on.

<https://childmind.org/article/how-to-help-kids-learn-to-fail/>

Counseling can help your child too.

If you think your child could benefit from counseling, please reach out to your child's school office, teacher, or principal. CPLA is here for you and your family.