

Let's explore the importance of saying 'thank you' and how it can help build strong self-esteem and self-confidence in children and teens.

Saying "thank you" reflects gratitude to the other person, a very important value for children to learn in order to respect the other person's generosity. This gives the child or teen the experience of knowing how it feels to be appreciative!

SAYING "THANK YOU" CAN HELP TO BUILD UP A CHILD'S SENSE OF WORTH IN THEMSELVES.

When a child expresses gratitude to someone for something they've done or been given, it can be a reminder that they are worthy of being noticed and appreciated. It can also be a powerful way of practicing positive self-talk, which is an important part of developing a strong sense of self-confidence and esteem.

One of the main keys to helping a child build self-esteem and self-confidence is for you...the parent or caregiver to **ROLE-MODEL** saying "Thank you" to the child or teen consistently. Before they know it, it will come very easily to them.



Saying "thank you" also so demonstrates the importance of showing gratitude to others that will help them understand the importance of this simple gesture. This then encourages them to express thankfulness to those around them, and to themselves.

Finally, a child's ability to say "thank you" is closely tied to their respect for themselves and other people. This in turn helps build their overall sense of self-worth.

EXPRESSING THANKS IN A GENUINE MANNER ALLOWS CHILDREN TO EXPRESS HUMILITY AND APPRECIATION FOR WHAT THEY RECEIVE, WHILE REMINDING THEM TO TREAT OTHERS WITH RESPECT.

So remember, saying "thank you" is an important part of developing healthy self-esteem and self-confidence in children. It can help them nurture positive relationships, practice positive self-talk, model respectful behavior, and remind them to respect themselves and others.

Here's to success in your journey of building healthy self-esteem and confidence.

