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TIPS TO HELP KIDS DEVELOP A HEALTHY SELF-PERSPECTIVE

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Tips to Help Kids Develop a Healthy Self-Perspective

by: Nikki Garcia

In a previous blog post we focused on building your child's self-confidence through programming. Today's #CODEplayground objective is to build your child's self-perspective.

Self-perspective, or as it is called in psychology, self concept, is the outlook that your child has as it pertains to his identity. How we perceive ourselves determines whether or not we will take on challenges in life or if we will stand by the way side, with all the capability in the world, but afraid to seize the moment.

Programming is one of those tasks that is a bit challenging because it forces you to embrace a new paradigm. I find that with my son being enrolled in a dual language program at school, he really had a hard time adapting because his paradigm was, "I don't speak the second language." He didn't embrace the challenge because of his self-perspective. He felt he couldn't do it because it was hard. I also found that his inability to accomplish a particular task made him angry.

Here are three things parents can do in order to cultivate a healthy self-perspective in their children:

Recognize the wrong thought.

In Caroline Leaf's book, *Who Switched off My Brain*, she talks about how "toxic thoughts don't just creep into our minds as a result of abuse or an especially horrific trauma, toxic thoughts affect people in all stages of life" (Leaf, 2009, p. 14).

For the remainder of this blog I will refer to toxic thinking as negative thinking. Negative thinking comes from a result of some manner of emotion that we may not know how to process or place. A lot of times when we have those types of emotions as a child, not knowing where to place them or process them, we associate negative thinking with those emotions. This of course is because the child, at the time, lacks the mental capacity to know how to process or place emotions.

For example, if a teacher asks a child to come in front of the classroom and answer a question, if the emotion the child feels next is fear then the negative thought will become, "I don't like speaking in