

The Effect of Parents' Self-Esteem On Their Children

Parents greatly influence their children's development, and children take after their parents in many ways. This applies to external aspects such as facial appearances and internal factors such as self-esteem. Let us learn about how parents can have high self-esteem so that their children can feel valued and precious.

Parents' self-esteem, Why is it so important?

Parents' responsive attitude and reflecting autonomy influence children's self-esteem development. Parents' caring attitudes have a positive effect on their children's self-respect. Also, when parents' self-esteem is high, they will value and be satisfied with themselves, so they are more likely to express their affection and interest in their children and acknowledge their children's independence.

Reference: Lee Hanna, Han Jeongwon (2017).

<The Effect of Parents' Self-Esteem and Parenting Attitudes on Children's Social Competence>, Il Tae Park (2021). <Self-esteem and grit for each type of parenting attitude recognized by adolescents>

Parents' Self-esteem, How do you increase it?

Parents' level of self-esteem has already been formed over a long period of time, so it is not easy to change all at once. However, it would be best if you made time to build self-esteem for yourself and your children. First, check your level of self-esteem. Parents who are bilingual and have lived experience and understanding in various cultures are rare. So, you can use these advantages of living in a foreign country to find activities that will make you perceive yourself more positively.

Reference: YouTube (youtube.com) > EBS Knowledge > Parents with self-esteem will build self-esteem for their children

Self-Esteem Test

- I consider myself as worthy as everyone else.
- I consider myself as having a good character (thoughts, attitudes, behavior).
- I can get along at work with most other people.
- I have a positive attitude toward myself.
- Overall, I am satisfied with myself.



- I may not at the moment, but in the future, I would like to respect myself more.
- I don't have much to be proud of.
- I feel like a failure, generally.
- I sometimes feel like I am useless.
- I sometimes feel that I am not a good person.



※ This list does not have any diagnostic significance and is only used as a means to check your level of self-esteem. If you have some of negative answers, you need to think about your self-esteem and try to increase it.

Reference: YouTube (youtube.com) > EBS Knowledge > Self-esteem Test

Power of parents of multicultural families: Bilingual ability and cultural diversity

Let's think about how to increase your self-esteem and maintain a good relationship with your children by using the advantage of being bilingual and teaching your children your native language.

Gong 000, with children in elementary school



"I am a married migrant from Cambodia and a housewife raising children in elementary school's 2nd and 4th grades. I wondered about my children's school life as they entered elementary school, but it was a burden for me to visit their teacher. However, this changed when I worked as an interpreter for a visiting teacher from Cambodia at their school, and I started teaching traditional Cambodian dance and cooking classes. I was happy that all my family was proud of me."

Go 000, with a child in elementary school.



"I am from Japan, and I came to Korea when I got married. I taught my child both Japanese and Korean, and I only gave compliments and used positive words even when my child was having difficulties. My child enjoyed learning about my language and became more confident. One day, he said, "Thank you so much for teaching me Japanese since I was young." I was very happy, and felt glad that I taught him both languages."

Reference: Ministry of Education <The 10th Multicultural Education Best Practice Contest Winning Works> (2018) rearrangement of contents

Understanding Career Conversation For Both Parents and Children to Grow

A healthy conversation between parents and children helps to build each other's self-esteem. Check out the tips for developing your child's identity and self-esteem and have a career conversation. Career conversation that allows parents and children to grow together will be a good foundation for the children's development.

Children's self-esteem: build it like this!



Encouragement rather than unconditional praise

Vague compliments such as "Well done," or "Good job" are actually meaningless. You should support the process and mean it from your heart, whether it is a success or a failure.



Help them accept experiences of failure positively

Children with low self-esteem are afraid of failure. However, if you give your children trust that you'll always love and watch over them, they will be motivated to try again.



Give them a chance to express their thoughts and feelings

Give your children an opportunity to express their thoughts and feelings, and accept their negative feelings, but clearly explain why they should not use inappropriate expressions.

Help your child! TIPS for developing your children's self-esteem

- Get help from the Family Center
- Find role models from other multicultural families (e.g. celebrities, school staff, etc.)
- Actively participate in school events to learn languages and cultures of multicultural students
- Talk to your child in a warm and inclusive way

Reference: YouTube (youtube.com) > Seoul Metropolitan Office of Education > Multicultural Education with Stories

Reference: Parents Onnuri (parents.go.kr) > Materials Square > Center Publication
> Understanding developmental characteristics > (Elementary 4-6) Children's education for parents

Your children's self-efficacy is as important as self-esteem

Self-efficacy, introduced by Canadian psychologist Albert Bandura, is a term used to describe expectations and beliefs that one has the ability to successfully perform a task. Let us learn about the importance of self-efficacy, looking at the cases that guided students to increase self-efficacy by accumulating successful experiences, and escaping from learned helplessness.

※ Ma-eum (pseudonym), a lower-grade elementary school student, had a counseling session with Teacher Choi OO of OOOO Elementary school, wanting to increase self-efficacy because he had no belief in his abilities. (Based on the conversation between the child and the counselor, it has been reconstructed as a conversation between a parent and a child.)



How was your Taekwondo class today?



It's getting more and more fun! I'm working hard because I want to get a Poom belt.



TIP for a career conversation

Excessive expectations or pressure for achievement can make your children more incompetent and helpless. So, listen to your child and focus on the conversation itself.



Good! I feel happy that you are having fun there.



It's incredible to discover that there's something I'm good at!



I am proud that you are working hard on what you want to do. I am happy that you talk a lot and laugh a lot.



TIP for career conversation

Notice the small changes in your children, express appreciation for them, and praise how your child is growing. If you give unconditional positive respect to your children, they will open their hearts to you.



I think I can do better because of your support and compliments. I am happy there every day.



We will keep supporting you!



TIP for a career conversation

Children from multicultural families often give up easily when they are faced with career barriers by negatively perceiving their abilities. In this case, parents should support the children from their point of view.