

**What are
the building
blocks to
healthy self-
esteem? ▶**



Ian Hendry

◀ **U**nderstanding and support from parents are the main building blocks for feelings of self-worth. Parents should praise their children for learning and trying new things.

Sport psychologist Dr. Terry Orlick says that “helping youngsters develop high self-esteem is one of the most rewarding gifts that parents can give to children.” Children need a healthy sense of self-esteem in order to feel good about themselves and good about others. Orlick’s book, *Nice on My Feelings*, focuses on how self-esteem can be nurtured in young children and can help them believe in their own capacity.

Self-esteem is more than just a sense of happiness. It is an attitude of, ‘I am capable; I can do this.’

“This kind of attitude develops when parents and coaches demonstrate a belief in children and encourage them to take responsibility for pursuing their own potential,” says Orlick. A child with a high self-esteem is better able to cope with life’s challenges, to pursue his or her potential, and to live joyfully.

*“It is my responsibility to teach
the athletes to be their own coaches.”*

Karen Strong

*Former national women’s cycling coach
Success Stories*