



Helping Your Child Develop a Good Self-Image



Remind them that they are made in God's image. Look at their baby pictures. Talk about their special personality and qualities. *Do they look like one parent or the other?* (If they are adopted, talk about emotional qualities. *Are they kind like Grandma? Are they generous like Uncle Seth?*) **Read Genesis 1:26.** *What does it mean that man is made in God's image or likeness?* (We have a soul; we can think - animals do things by instinct; we live forever; etc.) God made man different from the animals; God made man to be like Him. We could never be as smart, as creative, as strong, or as loving as God, but we have some qualities that He does. How awesome to be made in God's image!

Remind them of God's amazing design. Give your child a small lentil or baby pea or a piece of rice. Tell the kids that this is what size they were at about six weeks of pregnancy. Their tiny hearts were already beating at about 100 to 140 beats per minute, and blood had already started circulating throughout their body. **Read Psalm 139:13-16.** Say a prayer thanking God that He formed and knows your child personally.

Remind them of their God-given uniqueness (one of a kind). Make a set of fingerprints (from www.humanhand.com/fingerprints.html).

- **Step 1:** Use a pencil to scribble a dark section on a piece of paper.
- **Step 2:** Rub one fingertip across the section of paper.
- **Step 3:** Stick a piece of clear tape onto the darkened finger. (Packing tape works very well, but any clear tape will do.)
- **Step 4:** Carefully remove the tape from the fingertip, and stick the tape onto a piece of white paper or card stock.

Say something like this: *No one in the whole world has the same fingerprints as you (even identical twins have small differences that make their prints unique). Just as your fingerprints are unique, God has a unique purpose for you.*

Remind them they have been chosen by God. Play a game where children are chosen. Some suggestions, depending on the age of your kids: Duck, Duck, Goose; The Farmer's in the Dell;



Seven Up; etc. *How did you feel when you were chosen?* It feels good to be chosen for a game or to attend a birthday party or other event. **Read Ephesians 1:3-5** aloud. *What has God done for us?* (Chosen us, adopted us, etc.) Knowing that God has chosen us and adopted us into His family can help us feel wanted and happy!

Teach them specific skills and give them responsibilities. When they feel competent and add to the family's (and others') well-being, they develop genuine self-esteem.

