



BELGRADE BEHAVIOR
CONSULTING, LLC

C. U. B. System to Build Self-Esteem Competent, Useful, and Busy!

Competent: Children feel good about themselves when they experience mastery over their environment. Mastery occurs when the child is able to make something work. Small children may experience frustration more than success. This spells trouble in the 'self-esteem department'.

What to do: Set up situations in which your child can perform simple tasks independently. For example, instead of opening a jar for your child, loosen it so that he is able to open it himself.

Useful: Children feel good about themselves when they feel needed by others. Children often receive help, but they feel important when they are helping others. When a child derives a feeling of importance for helping others, he is much less likely to seek power and control by becoming oppositional or dominating others.

What to do: Pre-plan tasks that are real and necessary to the functioning of the family as a whole. Chores should be related to the whole family, not just the child's needs (e.g. setting the table, dustbuster, make a salad).

Busy: Children feel good about themselves when they are busily engaged in functional activity. A bored child feels tired, sad, and angry. Often a bored child will seek stimulation in destructive ways. Keep your child actively engaged in productive pursuits.

What to do: Structure your child's day to maximize activity and minimize screens (TV, computer, video games, iPad, etc.).