



How High Self-Esteem Leads to Responsibility

It has been shown that children with high self-esteem tend to be more responsible. They are better at:

- waiting for what they want – they believe that with persistence and practice they can reach a goal
- acknowledging their mistakes and learning from them
- sticking to a task
- being willing to ask for help
- being clear about their strengths and weaknesses
- taking risks and trying new things
- believing that they can solve problems they encounter

How can parents instill a high sense of self-esteem in their children? One way is by providing messages that build each of the two essential components of self-esteem, feeling lovable and feeling capable.

How to Avoid Over-Indulgence

By carrying out the “Executive” role, parents can avoid the pitfalls of over-indulgence, help their children to feel good about themselves and learn to be responsible. They can:

- set limits
- say no
- hold children accountable
- establish and enforce rules
- set expectations
- encourage children to give back in some way
- assign chores and make sure they get done
- set and follow through with consequences

For more detailed information, check The Center for Parenting Education:
<https://centerforparentingeducation.org/library-of-articles/responsibility-and-chores/developing-responsibility-in-your-children/>

“How Much is Enough? Everything You Need to Know to Steer Clear of Overindulgence and Raise Likeable, Responsible and Respectful Children” by Jean Illsley Clarke, Ph.D.

Volunteer Opportunities

American Red Cross Youth Program <http://redcrossyouth.org>

Do Something.org <https://www.dosomething.org/us>

MCEC[®] Parent Support empowers military-connected parents with resources to be their child’s first and best advocate. Learn more about ways to get involved and stay informed about upcoming webinars, workshops, and additional resources by emailing Parents@MilitaryChild.org.



Tips to Develop Responsibility

Two Sentences

- How can I help?
- What else can I do?

Techniques

- Establish age-appropriate chores
- Break down larger tasks
- Gather tools to be successful
- Ask for help when needed
- Talk about expectations and consequences
- Keep a routine
- Motivate

Accountability

- Talk about mistakes and accountability
- Explain emotions that accompany failure
- Model how to manage failure
- Share experiences
- Own your own mistakes

Contribute and Volunteer

- Think about what you can do
- Consider volunteering as a family

Age-Appropriate Chores for Children and Teenagers

Chores help children develop responsibility. Each child is unique. Select chores that are appropriate for your child.

Check the following websites for suggestions.

<https://www.yourmodernfamily.com/age-appropriate-chores-for-kids/>

“7 Chores for Kids Who Struggle with Focus” & “Why Chores Are Good for Your Child”:

<https://www.understood.org/>

Chores and Responsibility. American Academy of Pediatrics:

<https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Chores-and-Responsibility.aspx>

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Parent Support

Responsibility and Your Military Connected Child

Helpful Resources

Fostering Resilience: Preparing Children and Teens to Thrive Through Both Good and Challenging Times: <http://www.fosteringresilience.com/7cs.php>

The 3 R's of Parenting Series: Teach Responsibility—Empower Kids with a Great Work Ethic by Deborah Gilboa, M.D.: <https://askdoctorg.com/>

Teaching Responsibility to Your Child: <https://www.verywellfamily.com/teaching-responsibility-to-your-child-3288496>

Videos

Teaching Your Child Responsibility <https://youtu.be/BaabJl2TeBk>

Dr. Ken Ginsburg 7 Cs Contribution <https://youtu.be/e62W7mlZL5E>

MCEC[®] Resources

SchoolQuest™ is an interactive tool, specially designed to support highly mobile military-connected parents & students: <https://schoolquest.militarychild.org>

Military Student Consultants: This program is the portal for all questions student and parent related. You can submit your specific questions concerning transition barriers and receive specialized support. To contact a Military Student Consultant, email msc@militarychild.org

The MCEC[®] podcast series covers an array of informative and important topics with guests from all walks of life. Visit [Podbean](#), [Google Playstore](#), or [iTunes](#)

MCEC[®] Parent Support Resources

Find other MCEC[®] Parent Support [webinars](#) related to this topic on our official website MilitaryChild.org

Contact your local Parent Support team for workshops offered in your community: <https://www.militarychild.org/programs/parent-to-parent>

If you have any questions, please don't hesitate to reach out to: Parents@MilitaryChild.org

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Responsibility and Your Military Connected Child

Webinars: <https://www.militarychild.org/webinars>

- Show Me the Money
- Helping Your Unorganized Child

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