

5 Ways to Help Children Gain Self-Awareness

1. Encourage your child to speak openly about their strengths and weaknesses.

It's important for your child to understand how they learn. This can help them become effective self-advocates, speaking up for their needs in a positive way. Try to have open conversations in which they can express how they feel. Here are worksheets to support this conversation!

[Self Awareness in Younger Children](#)

[Self-Awareness in Older Children](#)

2. Point out the positives.

Children can be quick to criticize themselves. But self-awareness means recognizing positives as well as negatives. Try to correct your child's misconceptions. Humor can help redirect their way of thinking. For example, "You think kids don't like you? There are a/ways kids saying hello and hanging out here playing games with you. I don't think it's my sparkling personality they're here for. That's all you!"

3. Foster a balanced perspective.

Finding a balance between helping your child gain self-awareness and making them self-conscious can be tricky. Feedback is important for children to develop, but look for opportunities to reinforce that they can improve their deficits by working on those skill areas. Remind your child that there are things they do well and through focused, effective effort they can improve.

4. Discourage comparisons.

It's hard for kids to be aware of their own abilities when they view them in light of other people's performance. Help your child resist comparing themselves to friends or siblings. You might start a conversation like this: "You know, I hear you saying you're not as talented in music as your sister is in art. But that's apples and oranges. Those are two different things and you're two different people. It doesn't seem like a reasonable comparison."

5. Provide opportunities for independence.

Becoming more independent is part of being self-aware. Most children crave independence. It's important to give your child safe, appropriate ways to practice independence at home. From young children picking out their clothes or making their bed to older children getting themselves up for school on time and sticking to curfews.