



RAISING A
BEAUTIFUL CHILD



THE HANCE FAMILY FOUNDATION PROUDLY PRESENTS

Raising a Beautiful Child



HANCE FAMILY
FOUNDATION



WE HONOR

EMMA, ALYSON, & KATIE

THROUGH THE EDUCATION OF
FEMALES & THE ADULTS
RESPONSIBLE FOR THEM.



WAYS TO ESTABLISH AND MAINTAIN SELF-ESTEEM:

1. Accurate self-awareness is a powerful tool.
2. Adults are responsible for modeling appropriate behavior for children.



BE CURIOUS
NOT JUDGEMENTAL.

-WALT WHITMAN

HOW WOULD YOU DESCRIBE YOUR CURRENT PARENTING OR MENTORING STYLE?

- AMAZED
- OVER INDULGENT
- INCONSISTENT
- CONFUSED
- LAZY
- REPETITIVE

- PARTNER
- PERMISSIVE
- NATURAL
- FRUSTRATED
- FEARFUL
- CHALLENGED

- PROUD
- REGRETFUL
- ATTACHED
- MANIPULATIVE
- PROFESSIONAL
- RIGID
- IN LOVE
- MINDFUL
- AUTHORITARIAN
- APPRECIATIVE
- COOPERATIVE
- VULNERABLE

- SUPPORTIVE
- IMPULSIVE
- DEPENDENT
- ANXIOUS
- (HYPER) VIGILANT
- NAIVE
- ARGUMENTATIVE
- EXHAUSTED
- JOYFUL
- PREDICTABLE
- ENAMORED
- RESPONSIVE

Keep them deep within your heart.

22 These words are the secret to life for those who find them. They bring health to the whole body.

23 Be very careful about what you think.

Your thoughts run your life.

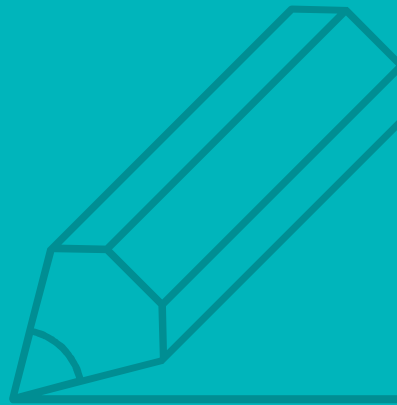
24 Don't use your mouth to tell lies. Don't ever say things that are not true.

25 Keep your eyes focused on what is right.

Keep looking straight ahead to

EXERCISE:

List three things that cause you to worry or experience feelings of anxiety.



How can you view these sources of anxiety differently?

THE WAY WE TALK TO
OUR CHILDREN BECOMES
THEIR INNER VOICE.

- PEGGY O'MARA

WAYS TO ESTABLISH AND MAINTAIN SELF-ESTEEM:

1. Develop & practice coping mechanisms.
2. Learn to tolerate a wide range of emotions.
3. Self-esteem is a key to resilience.



SHE DID NOT NEED MUCH, WANTED VERY LITTLE.
A KIND WORD, SINCERITY, FRESH AIR, CLEAN WATER,
A GARDEN, KISSES, BOOKS TO READ, SHELTERING ARMS,
A COZY BED, AND TO LOVE AND BE LOVED IN RETURN.

-STARRA NEELY BLADS

EXERCISE:

Write down the names of at least three people you can turn to for help, guidance, & support.



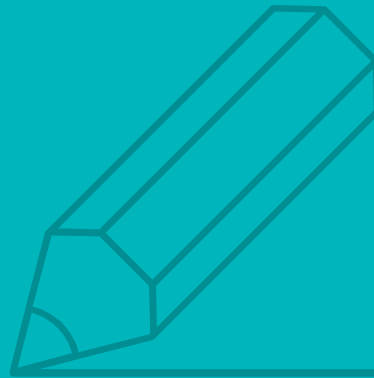
Now write down three people your child(ren) can turn to.



**YOUR MOOD
SHOULD NOT DICTATE
YOUR MANNERS.**

EXERCISE:

*Write a meaningful compliment to your child -
one that does not have an agenda.*



*Now write yourself a compliment.
Modeling the receiving of compliments is important!*

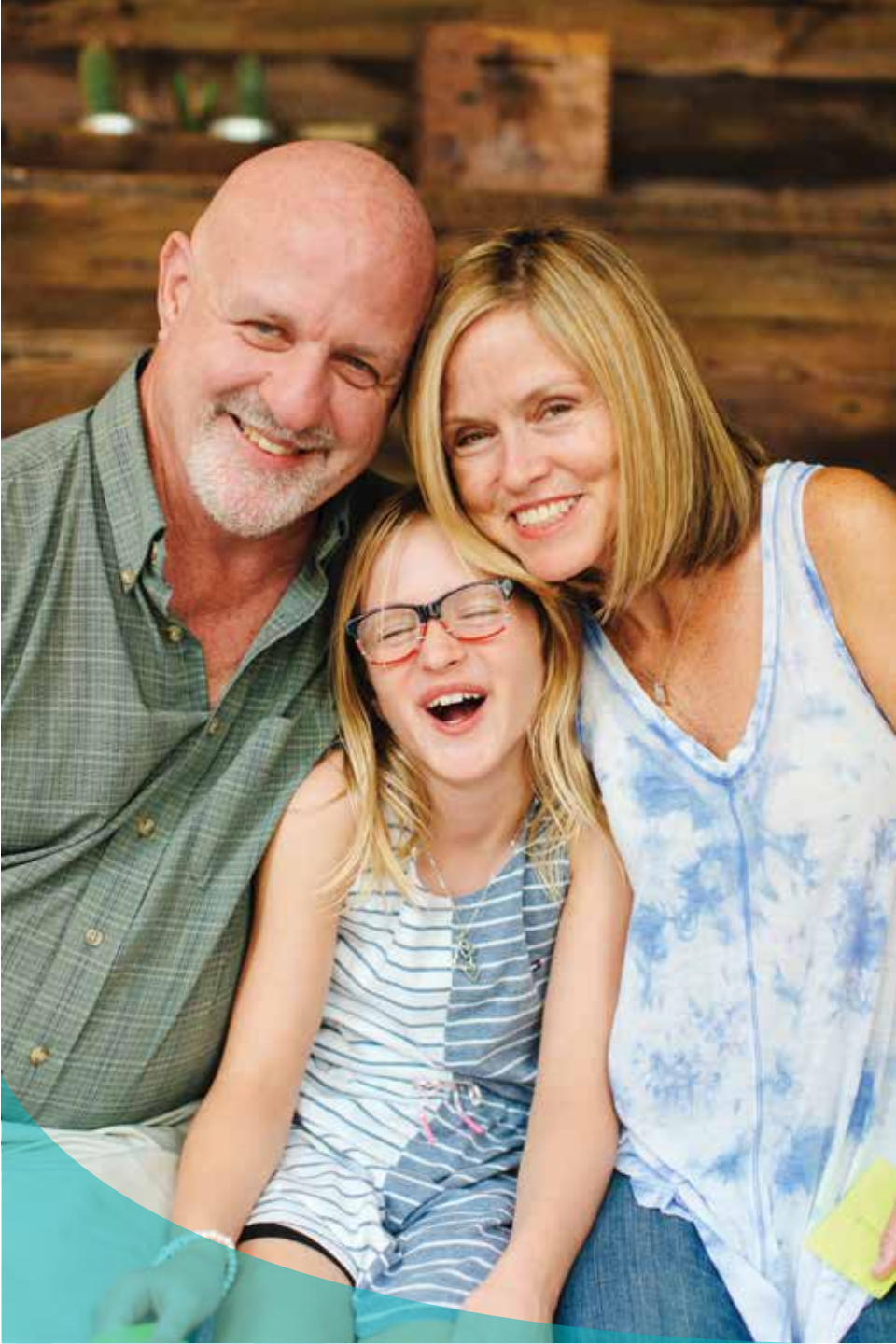
**WHAT DEFINES
US IS HOW
WELL WE RISE
AFTER FALLING**



WAYS TO ESTABLISH AND MAINTAIN SELF-ESTEEM:

1. Gain insight and satisfaction from helping others.
2. Create meaningful & consistent ways to be accountable to others.
3. Be an active learner.





**HOW PEOPLE TREAT
OTHER PEOPLE IS A DIRECT
REFLECTION OF HOW THEY
FEEL ABOUT THEMSELVES.**

DISCIPLINING YOURSELF TO DO WHAT YOU KNOW
IS RIGHT AND IMPORTANT, ALTHOUGH DIFFICULT,
IS THE HIGHROAD TO PRIDE, SELF-ESTEEM,
AND PERSONAL SATISFACTION.

-MARGARET THATCHER



THANK YOU FOR
PARTICIPATING IN OUR

**RAISING A BEAUTIFUL
CHILD SEMINAR**

AND FOR HONORING

EMMA, ALYSON, & KATIE.





Please visit our website for more information

SELFESTEEMRISING.ORG

