

# Be Yourself

## **Cinderella** by Barbara McClintock

Does Cinderella really need a pretty dress and glass slippers to be happy? Share this story with your child and point out that in the end, Cinderella is loved for being herself.

**H**ow can we help our children feel good about themselves? Help your child build self-esteem with these suggestions from University of Illinois Extension and Parenting 24/7.

- Spend time with your child. Talk, listen, show interest in her activities.
- Relax and accept your child as he is. Don't try to make him somebody else. Recognize and nurture his special qualities.
- Teach your child to praise others and see the best in each situation. Be a good role model by having the best self-esteem you can.

## **Read More**—related books

**I'm Gonna Like Me - Letting Off a Little Self Esteem** by Jaimie Lee Curtis

**I Like Myself** by Karen Beaumont

**Girls Hold Up This World** by Jada Pinkett Smith

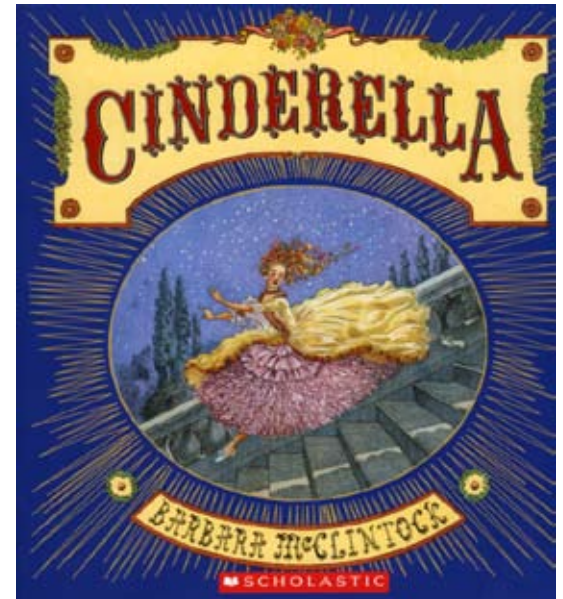
## **Learn More**—related information

Help Kids Feel Good About Themselves (more tips on developing self-esteem)

Parenting 24/7

Go to <http://parenting247.org/>

Click on preschoolers, love and nurturance



**View More** -  
related shows on WILL-TV

**Clifford The Big Red Dog**  
4/27 8:30am

**Clothes Don't Make the Dog**  
T-Bone gets a new sweater, but when Mac teases him about it, he gets too embarrassed to wear it. He realizes that it's not what he wears that makes others like him.

**SuperWHY!**  
4/30 8:00 & 11:00am

**Cinderella**  
Red doesn't feel like much of a Princess, so how will she fit in at Sleeping Beauty's princess party? The Super Readers magically leap into the book of Cinderella, and Red learns that she doesn't need the help of a fairy godmother to feel great about who she is.

**WILL-TV**