

**A PICTURE BOOK IS WORTH A THOUSAND WORDS:
BUILDING SELF-ESTEEM AND CONNECTING WITH YOUR CHILD...
ONE PICTURE BOOK AT A TIME**

1. Parents make a big investment in their children (it costs over \$200,000 to raise one child)
 - a. Love and Education
 - b. Food and Shelter
2. What is so important about building self-esteem?
 - a. Affects a child's approach to new challenges and improves school performance
 - b. Impacts how a child interacts with others
 - c. One of the best defenses against bullying by increasing self-respect and confidence
3. What are some of the building blocks of self-esteem?
 - a. Mastering tasks and skills
 - b. Valuing your own strengths and qualities
 - c. Feeling appreciated, loved and accepted
 - d. Being about to express feelings and emotions
 - e. Acknowledging and coping with fears
 - f. Accepting and liking your body and yourself
4. Why do we use picture books as a tool to build self-esteem?
 - a. Children love to listen to them and parent-child time helps child feel worthy
 - b. Parent has opportunity to sit with child in relaxed atmosphere
 - c. Child relates his life to events in story and learns his concerns are shared by others
 - d. Each picture book can be chosen to address a particular problem or topic
5. How can you find the 'right' book?
 - a. Children's librarians or library catalogue
 - b. Internet resources – <http://susannahill.blogspot.com/p/perfect-picture-books.html>, <http://gatheringbooks.wordpress.com/>, <http://www.papertigers.org/> and many others
 - c. *Show Me How! Build Your Child's Self-Esteem Through Reading, Crafting and Cooking* <http://viviankirkfield.com/> - available at Bookaburra bookstore
 - d. Consult lists of best books such as New York Times: <http://www.nytimes.com/slideshow/2012/11/09/books/review/11best-illustrated.html>, Caldecott, Newbery and other Honor Award Winners: <http://www.ala.org/alsc/awardsgrants/bookmedia/caldecottmedal/caldecottmedal>, Asian Book Awards: http://afcc.com.sg/_2013/page/awards
6. How can you enrich the read-aloud experience?
 - a. Do a simple craft project, music/ rhythms activity or cooking activity with your child

Vivian Kirkfield is a mom, educator and author. She shares her passion for using picture books as parenting tools and is always ready to read-aloud with young children. Her mission is to help every young child to become a lover of books and reading. You can contact her at: viviankirkfield@gmail.com.