***Self-Esteem***

***15 Ways to help your child like themselves***

1. Reward children. Give praise, recognition or a special privilege. Emphasize the good not

the bad.

2. Take their emotions, ideas and feelings seriously.

3. Define limits and rules clearly, and enforce them.

4. Be a good role model. Let your children know that you feel good about yourself.

5. “DECLARE” a family evening together at least once a month when everyone can be home

to do something together.

6. Have reasonable expectations for your children. Help them to set teachable goals so

they can achieve success.

7. Point out other people’s strengths. Help your children develop tolerance toward those

with different values, backgrounds and norms.

8. Give your children responsibility so they will feel useful and valued.

9. Be available. Give support when children need it.

10. Show them that what they do is important to you. Talk with them about their activities

and interests.

11. Express you values. Describe experiences that determined your values.

12. Spend time together. Share favorite activities.

13. Discuss problems without placing blame or commenting. If they don’t feel like they are

being attacked, they are more likely to help look for a solution.

14. Use phrases that promote self-esteem. Manners and compliments work best!

15. Show how much you care about them. HUG THEM! TELL THEM THEY ARE TERRIFIC

AND THAT YOU LOVE THEM!