

## **BUILDING SELF-ESTEEM IN YOUR CHILD**

All parents want their children to be happy and successful



*The key to building self-esteem in your children is to encourage their abilities and support them when they make mistakes.*

Here are some ways you can help children feel good about themselves:

- Let children perform simple tasks with you such as helping write a grocery list (either with pictures or words). This can help them feel good both about themselves and about the important work you do.
- When a child says, “I can do it myself” or “I don’t need your help,” respect her independence.
- Give children the opportunity to make choices. In play, follow your child’s lead, letting him choose the activity or direction of play.
- Praise your child in public; scold her in private.
- Express clear expectations: prepare a child for the behavior you want to see.
- Let children succeed often. A child who feels good about herself or himself will be willing to try new things.
- Show respect for your child’s decisions, creative projects, and ideas.
- Express interest in what your child likes and dislikes; not everyone likes the same thing.

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