

Helping Kids Like Themselves



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Tips to Build Your Children's Self-Esteem

- Spend one-on-one time with your children. Ask them about their day. Let your children talk about things that bother them. Listen.
- Let your children know that what they do is important. Give them tasks that they're old enough to do (like setting the table for dinner) and then tell them they've done a good job.
- Don't forget to praise your children for the things they do right, instead of only scolding them for the things they do wrong.
- Take your children's ideas and feelings seriously. Their feelings are as real to them as yours are to you.

Be a Role Model

- Let your children know that you feel good about yourself.
- Let your children see that you, too, can make mistakes and can learn from them.

Don't Expect Too Much

Keep in mind that they are still children. Talk to them about choices they make, and how they can make good choices. Allow them to make mistakes and learn from them as long as their choices are not harmful.

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