

10 Ways to Help Your Child Develop Stronger Self-Esteem

1. Help your child feel needed and wanted at home by providing age-appropriate chores and family activities to participate in.
2. Model to your child the importance of helping those less fortunate than themselves. We gain in strength when we help others.
3. Find time for your child to participate in something he or she is good at or that gives him or her pleasure, especially if school is difficult.
4. Be quicker to point out what your child is doing right than criticizing what he or she is getting wrong.
5. Share with your child what you want them to be doing and why, not just what you don't want them to be doing. Model how you want things done.
6. Give genuine, specific praise: instead of "good job" say "that was great how you got that assignment in on time when you are so busy."
7. Model positive self-talk such as "I guess I will just have to try again."
8. Set expectations for your child that are developmentally appropriate.
9. Set limitations for your child that are developmentally appropriate and enforce them.
10. Listen to your child and offer support instead of fixing things for them.

For more information on developing self esteem go to www.kidshealth.org

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