



Self-Esteem

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Ways To Raise Your Child's Self-Esteem

- Reward children. Give praise, recognize and celebrate a job well done. Emphasize good things they do.
- Take their emotions, feelings and ideas seriously.
- Define limits and rules clearly, and enforce them. Allow for leeway for children within these limits.
- Be a good role model. Let children know that you can feel good about yourself. Also let them see you can make mistakes and learn from the.
- Teach children how to use time wisely and budget their money.
- Have reasonable expectations. Help them set reachable goals so they can achieve success.
- Help children appreciate diversity. Teach them to recognize and accept those with various backgrounds, values, and norms. Point out other people's strengths.
- Give children responsibility. They will feel useful and valued.
- Be available and give support when they need it.
- Show them what they do is important to them. Talk about their activities and interests.
- Express your values.
- Spend time together. Share favorite activities.
- Discuss problems without placing blame. If children feel that there is a problem, but do not feel attacked, they are more likely to help look for a solution.
- Use phrases that build self-esteem, such as, "Thank you very much," or "You did an excellent job."
- Show how much you care about them as individuals.

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