



# How to raise self-esteem

There are so many ways to raise your child's self-esteem. Try some of the following ideas and notice the difference in your child

- Focus on the positives. What does your child do well? Explore strengths and talents.
- Give them specific but positive feedback. Be generous with how you praise them.
- Encourage them to talk about how they are feeling. All feelings are ok!
- Create a sense of belonging. You belong to this family. We can do anything together.
- Mistakes are ok and are a part of learning. Embrace mistakes.
- Give them responsibilities within the home such as feeding the pet.
- Encourage good friendships.
- Celebrate achievements, no matter how small. Help them to feel proud.
- Help them make a list of all the things they CAN do.
- Encourage them to HELP others. It really feels good to help others.
- Set goals that are achievable so they can feel success and understand the work needed to get there.
- Teach them to be grateful and find things each day they are grateful for.