

# 14 WAYS TO BUILD YOUR CHILD'S SELF-ESTEEM

The sky is the limit when a child has high self-esteem. As a parent, caregiver or guardian you play a major role in helping your kids develop a sense of worth and teaching them how to cope with life's many challenges. Here's how you can help your child feel good about themselves:

Accept your child for who they are, rather than who you would like them to be	1	8	Make sure your child knows they're a valued and appreciated member of the family
Focus on your child's behaviour rather than on their ability or character	2	9	Help your child find their strengths and be confident in their abilities
Show your child respect as an individual	3	10	Celebrate accomplishments, no matter how small
Be helpful, not critical, and teach them it's OK to make mistakes	4	11	Be positive when your child is feeling discouraged
As your child matures, increase their responsibilities	5	12	Encourage your child to make choices and decisions in everyday situations
Help your child take responsibility for consequences of their behaviour	6	13	Spend one-on-one time with your child
Remember to say "I love you" no matter your child's age	7	14	Give your child some alone time