



## Children's Health

# Self-Esteem

### HOW TO HELP YOUR CHILDREN BUILD IT

When your children feel good about themselves, it's easier for them to cope with stress, unpleasant social situations and major life changes, such as divorce or the death of a loved one. Self-esteem is the total package of attitude, beliefs and opinions that children have of themselves. Much of what fits into that package they gather from around them. Parents can help children build their self-esteem with positive interaction and feedback.

#### TIPS TO HELP BUILD SELF-ESTEEM

- ▶ Value your children by listening to them and by acknowledging their feelings. This teaches them to value themselves.
- ▶ Help them become involved in social situations, such as sports or clubs, where they can have positive experiences.
- ▶ Provide them with regular positive experiences with members of their family.
- ▶ Keep up communication with your child's teachers. When parents are involved in education, children value the educational experience more.
- ▶ Help your child set realistic goals.
- ▶ When big changes come about, help ease the adjustment by discussing in advance what's coming.
- ▶ Set an example for your child by living the way you wish them to live.
- ▶ Refrain from comparing your child to anyone else, especially a sibling. Each person is different; encourage your child to value his or her own uniqueness.
- ▶ Take care of yourself. Children learn by example.
- ▶ Set up fair and reasonable boundaries. Children thrive when they know what's expected of them and can see clear consequences.

