



# Boosting Your Kids' Self-Esteem

The following statements are proven boosters to kids' self-esteem. Keep a copy of this list where you can read it every day.

- ✎ I listen to my kids and acknowledge their feelings.
- ✎ I understand that both my kids and I will make mistakes. I am not afraid to say "I'm sorry" when the mistake is mine.
- ✎ I am clear and consistent about discipline. I use "I" statements to express my thoughts and feelings and I avoid "you" statements that blame, shame, label or ridicule my kids.
- ✎ I encourage my kids to be independent, but I make sure I'm available if they need me.
- ✎ I use the same good manners with my kids that I would with an adult. This means saying "please" and "thank you."
- ✎ I am teaching my kids valuable lessons such as problem solving, communication, sharing and respect for themselves and others.
- ✎ My behavior with my kids leaves no doubt in their minds that they are loved.
- ✎ I honor each of my kids' unique abilities and personalities, allowing them to be different.
- ✎ I trust my kids and I always keep my promises, so my kids will trust me too. I don't make promises I can't keep.
- ✎ I encourage my kids to pursue what they're good at, not what I wish they were good at.
- ✎ I am quick to compliment my kids.
- ✎ I refrain from comparing my kids to someone else, even to a sibling.
- ✎ I am teaching my kids right from wrong.
- ✎ I take care of myself so I have plenty of energy for my kids.
- ✎ I help my kids to set their own goals.



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