

Building Your Child's Self-Esteem

Tips for building your child's confidence and self-esteem

1. Let them know you love them.
2. Teach skills so they feel able to do things.
3. Support trying new things.
4. Praise effort, not just success.
5. Praise what kids can control (hard-work), not genetics (intelligence).
6. Listen to and accept their feelings.
7. View mistakes as a time to learn.
8. Make sure children follow through with things they need to do.
9. Use household chores to teach responsibility.
10. Find and build upon their strengths.

Websites for Parents

1. <https://biglifejournal.com/blogs/blog/child-confidence>
2. <https://www.scholastic.com/parents/family-life/social-emotional-learning/praise-and-discipline/how-to-build-healthy-self-esteem-children.html>
3. <https://childmind.org/article/12-tips-raising-confident-kids/>

At-Home Activities

1. https://www.momjunction.com/articles/increase-self-esteem-in-your-child_00357511/#self-esteem-games-and-activities-for-kids