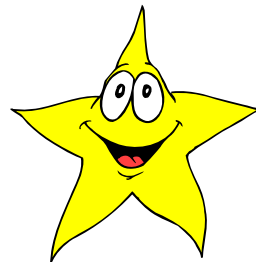


- Self esteem is a major key to success in life. The development of a positive self concept or healthy self esteem is extremely important to the happiness and success of children.
- Parents more than anyone else can promote their child's self-esteem.
- Words and actions have a great impact on how a child feels about him/herself
- When you feel good about your child MENTION IT.

- A child does not know when you feel good about them and needs to hear it
- Children remember positive things we say to them. Remember to give them words of encouragement throughout the day
- Be generous with praise and let your child know when they are doing something well
- Avoid criticism that takes the form of ridicule or shame



## Helping your child develop self esteem



