

Simple Ways to Boost Your Child's Self-Esteem

Be Positive with Your Child

When children hear encouraging messages and see positive behaviours, they are more likely to feel good about themselves and develop a confident attitude.



- Be a role model. When your child hears you say, "My garden looks nice. I worked hard at it", they learn to feel and speak positively about themselves.
- Provide sincere feedback. After a soccer game, tell your child how well she kicked the ball and what a good team player she is.
- Reinforce the positive. When you acknowledge positive statements and actions, you increase the chance that your child will repeat them.
- Show your child the power of positive self-talk. After he cleans his room, say, "You did a great job. Your bed is neatly made. You should be proud of yourself. Tell yourself you did a good job."

Try Something New

Learning new skills can be fun and makes you feel good. Be a role model by learning new skills too.

- Encourage your child to try new things. Go outside, find the top of an acorn and try to make it whistle. Hold the acorn top in between your two thumbs and index fingers. Part your thumbs slightly thumbs and blow! See who can make the loudest whistle!
- Explain that sometimes you have to try several times before you succeed and that even if you don't do something well, you can have fun doing it.



Create a Warm Fuzzy

When someone says something positive about you, it makes you feel warm and fuzzy inside. Why not make your own fuzzy that your child can hold or pass on to someone else with some kind words?

Materials required:

- wool, scissors, ruler, cardboard

Here's how:

1. Cut a piece of cardboard into a 4" x 4" square.
2. Wrap the wool around the cardboard square 100 times.
3. Carefully remove the wool from the cardboard.
4. Using a small piece of wool, tie a tight knot around the middle of the lengths of wool.
5. Cut the wool along the top and bottom edges.
6. Fluff the wool into a fuzzy ball.

