

Simple Ways to Boost Your Child's Self-Esteem

Read with Your Child

One way for young children to build their self-esteem is through stories. Reading with your child is a great learning opportunity and a wonderful way to spend some time together. Here are a few books available from Toronto Public Libraries that promote self-esteem. Why not read one with your child tonight?

Incredible Me!, Appelt, Kathi. HarperCollins, 2003.

A girl celebrates her own individuality, from her freckles to her wiggles.

Omar on Ice, Kovalski, Maryann. Fitzhenry & Whiteside, 1999.

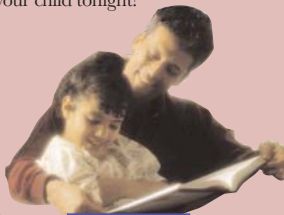
Omar the bear has trouble drawing pencil pictures in class. To everyone's surprise, he discovers that he is an artist on ice skates in more ways than one.

Amazing Grace, Hoffman, Mary. Frances Lincoln, 1991.

In Grace's fertile imagination she can be anything - Joan of Arc, Anansi the Spider, Hiawatha or Mowgli or Aladdin. But can a black girl be Peter Pan in the school play?

You are Special, Little One, Tafuri, Nancy. Scholastic Press, 2003.

A variety of baby animals ask the question, "How am I special?" and receive loving answers from their mothers and fathers.



For more book titles visit www.torontopubliclibrary.ca/KidsSpace/index.htm, click on "For Grownups"

Praise Your Child

Using positive language encourages your child and helps to build confidence in their abilities.

Try to comment about the good things your child does every day – and watch them glow.

Here are five ways to praise your child:

- *"You picked a great outfit to dress yourself in!"*
- *"Good job cleaning up your toys!"*
- *"You were so kind to your brother when he was upset."*
- *"You kicked the ball really well today!"*
- *"Thank you for being so patient when I was on the phone."*



Create an "I Am Special" Pennant

Materials required: Construction paper, drinking straw, tape or stapler, crayons

Here's how:

- Talk to your child about all the things that she is good at.
- On a piece of paper cut into the shape of a pennant, have him write his name, draw pictures or cut out pictures from magazines about his special talents and qualities.
- Attach the paper to the straw, using tape or a stapler.
- Display this special pennant for everyone to see!

