

# Simple Ways to Boost Your Child's Self-Esteem

## Be an Active Listener

The simple act of listening attentively to your child helps to build her self-esteem. To show your child that you are genuinely interested in what she has to say, follow these tips:

- **The right time:** The best time to talk with your child is when you can give her your full attention without distraction. Make it a habit to set aside some quality "chat time" with your child every day, perhaps after dinner or right before bed time.
- **The right questions:** Ask your child open-ended questions that cannot be answered by "yes" or "no." This is an inviting way to prompt your child to talk more. Follow his lead once he starts talking.
- **Body cues:** Maintain eye contact with your child when she is talking and bend or sit down to her height. Be aware of the feelings, posture, and tone of voice that you are showing her.
- **Feedback is key:** Listen attentively to the point of the story. Afterwards, give feedback that is positive and to the point. Responding to his story lets him know that you have been listening.



Showing your child that what they have to say is important makes her feel important.

## The Name Game

Discussing with your child the many gifts he has to offer will help to develop his sense of uniqueness. Use your child's name to develop a poem that identifies all of his special gifts.

### Materials required:

- Bristol board paper
- Crayons or markers
- Imagination

### Here's how:

- Write your child's name down the left side of a poster in large letters.
- Talk with your child about all of his skills, talents and qualities.
- Using each letter of his name, write a positive statement about him across the poster (e.g., "S" for swimmer, "L" for listener, "B" for big brother). Draw pictures too.
- To make it more fun, see if you can make the words rhyme!
- Display the poster on the kitchen fridge, or hang it on the wall in your child's room to remind him that he has many unique qualities.

