

Simple Ways to Boost Your Child's Self-Esteem

Spend Time with Your Child

Each day give your child some of your undivided attention. It doesn't take a lot of time. Try turning off the TV, ignoring the ringing phone or putting down the mail you are reading. Ask your child questions and listen to what she has to say. Make eye contact and get down at your child's level. This tells her that you are really interested, that she is valued and that what she has to say is important.

- Sit at the table with your child, share a special snack and talk with him about his day.
- Plan a "Special Dinner and Game" night each week. Allow your child to choose one food for the dinner menu and what game to play after dinner. Friday evening may be chicken burgers and salad followed by a game of Twister. Rotate whose special night it is and include parents and children.
- Go for a walk after dinner. Tell your child stories about when you were young and ask your child to share favourite memories with you.
- When your child shows you the picture he has drawn, ask him to tell you about it. Even if you are busy making dinner, stop for a moment and listen to what your child has to say. When he has finished, explain that you need to get back to making dinner.



Create an "All About Me" book

Materials required:

Coloured paper, stapler, crayons, pencil crayons, markers, glue stick, photographs, magazines.

Here's how:

- Staple sheets of paper together to form a booklet.
- Have your child design a cover page.
- Inside the book, label each page with a different title such as "My Family", "My Favourite Things", "My Favourite Foods", "My Favourite Colour", "My Favourite Physical Activities", etc.
- Talk with your child about each category. Then, have your child write a story, draw pictures or glue photographs or magazine clippings onto the appropriate page. For example, if your child's favourite colour is blue, have him draw pictures of blue things on the "My Favourite Colour" page.
- Encourage your child to talk about what is in this book to family members and friends.
- Display this special book for everyone to see!

