

Simple Ways to Boost Your Child's Self-Esteem

Share Responsibility with Your Child

Young children can help too! Allowing your child to help with small tasks around the house or when you're out and about helps them to feel important and builds their self-esteem. Here are some suggestions when allowing your little one to help:

- Provide opportunities for success. Start by giving your child tasks that are at their level. For example, setting the table for dinner, matching pairs of socks from the laundry or using a step stool to reach light switches.
- Break down larger tasks into small easy steps. This will allow your child to master a specific skill.
- Allow your child to make small, but meaningful decisions. Ask your child to pick out a book to read for their bedtime story, or what physical activity they would like the entire family to play.
- Recognize that your child may experience setbacks when helping with tasks. Provide extra support and encouragement during these times.
- Praise your child after a task has been done. Use specific comments like "I like the way you helped me put away the groceries" or "You did a great job helping me set the table for dinner".



Create Secret Message Muffins

Show your child how special he/she is by using secret message muffins.

Here is what you will need:

- Six muffins
- Stiff paper like cardboard or an index card
- Scissors
- Knife
- Pen or Pencil
- Aluminum foil
- Ribbon

Here's how:

- Write six different messages on six small pieces of paper. Messages such as "I love you" or "Thank you for being you" will make your child feel happy and cared for.
- Wrap each message tightly in aluminum foil
- Punch a hole in the top of the foil
- Thread a piece of ribbon through the hole and tie a bow
- Cut a slit in the top of the muffin
- Carefully push in your message and make sure the bow sticks out at the top of the muffin
- Eat the muffins with your child for a snack
- Watch your child smile when he/she pulls out the bow and out comes the specially wrapped message!



Try also doing this activity with your child for other family members or special friends. This way, you and your child can work together to make others feel special!