

Ways to Enhance Your Child's Self-Esteem

1. Praise and Guidance: Lead them to their interests and talents; let them figure out things on their own and guide as they discover something new.
2. Compliments: Positive critiques and encourage them to be all they can be at whatever they enjoy doing. Remind them they are awesome and you love them everyday.
3. Be a Role-Model: Show what “loving yourself” means.