

A decorative border of arrows surrounds the page. The arrows are arranged in a circular pattern, pointing outwards from the center. Each arrow is black with a white outline and a small white dot at its tail. The arrows are arranged in a grid-like pattern, with some arrows pointing up, some down, and some to the side.

10 Ways to Help Children Like Themselves

1. Reward children. Give praise, recognition, a special privilege, or increased responsibility for a job well done.
2. Take their ideas, emotions, and feeling seriously. Don't belittle them by saying "You'll grow out of it" or "It's not as bad as you think."
3. Be a good role model. Let your children know that you feel good about yourself. Also lets them see that you too can make mistakes and learn from them.
4. Have reasonable expectations for your children. Help them to set short, reachable goals so they can achieve success.
5. Be available. Give support when children need it. Take time to listen.
6. Give your children responsibility. They will feel useful and valued.
7. Show them that what they do is important to you. Talk to them about their activities and interests. Attend their athletic events, award ceremonies, and special days at school.
8. Express your values. Go beyond "do this" or "I want you to do that". Describe the experiences that determined your values, the decisions you made to accept certain beliefs, and reasons behind your feelings.
9. Show how much you care about them. Hug them. Tell them that they are terrific and that you love them.
10. Use phrases that build self-esteem. Examples: "Thank you for helping." "That was an excellent idea." Avoid phrases that hurt self-esteem such as, "Why are you so stupid?" "How many times have I told you?"