

Do fun activities with your child. This will help build your child's self-esteem.

Activities you can do with your child:

1. Put together a dress-up box.
2. Spend time cooking together.
3. Dance with your child.
4. Help your child make a photo album of her life.
5. Get your child her own library card.
6. Tell your child stories about when he was a baby.
7. Put your child's artwork on the fridge.
8. Take your child out for breakfast.
9. Play games inside and outside together.
10. Give your child easy jobs to do such as setting the table.



References

Yarnell, Thomas. Build your child's self-esteem. Retrieved April 22, 2008 from <http://selfhelpsolutions.homestead.com/build.html>

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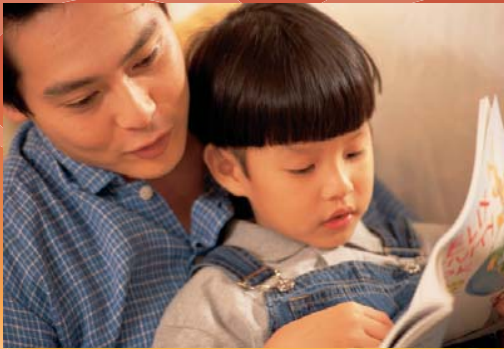
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Building Your Child's Self-Esteem





Why is self-esteem important?

Self-esteem is how you feel about yourself.

If your child's self-esteem is good, your child will be:

- More confident.
- More giving.
- Happier.
- Able to make friends easier.
- Able to handle problems better.

As a parent, you can help build good self-esteem in your child.



Children believe everything we say.

Ideas to build your child's self-esteem:

1. Praise your child every day.
 - a. Find something each day to praise.
 - b. Be specific in your praise.
"I like how you used red to colour the flower."
 - c. Praise your child for trying a task even if he is not successful.
2. Try to find the good in most of your child's behaviour.
3. Put a picture of your child and family on the fridge or next to your child's bed.



Spend 15 minutes every day doing just what your child wants to do with you alone.

4. Talk with your child.
 - a. Talk about what your child is thinking.
 - b. Listen carefully to what your child is saying.
 - c. Pay attention to how your child is feeling.
5. Criticize your child as little as possible.
 - a. Criticism doesn't help your child behave.
 - b. Praise helps your child behave well.

If you listen and understand your child you can help him behave better.