

How to Boost Your Self-Esteem:

Try these steps:

- Make a list of the stuff you're good at. It can be anything from drawing, singing, or reading to playing a sport or telling a good joke. If you're having trouble with your list, ask your mom or dad to help you with it.
- Practice the things you do well. Think of ways you can practice some of the things you're good at every day. Your mom or dad can help you plan a way to keep practicing your skills and talents.
- Turn "I can't" into "I can!" Does the little voice in your head often tell you "I'm no good at this" or "I can't do it — it's too hard for me"? That's you thinking negative things about yourself. Decide to change your mind. Decide to think "I can give it a try," "I can handle this," "I'll give it my best," or "I'll ask someone to help me do this."
- Try your best. You can feel good about yourself when you give something a good try. Do your best at whatever you do, and your self-esteem will grow.
- Spend time with people who love you. Find time to do enjoyable or relaxing things with your parent or family. It helps you know you belong.
- Pitch in. Do nice things for parents, such as helping with meals, cleaning up, or feeding the pet. Pitching in by doing kind, helpful things helps you feel great about yourself. It helps you realize that what you do makes a difference.

Parent-focused Tips:

- **Be Attentive**-When your child speaks to you give them eye contact and listen make them feel what they are saying is important to you.
- **Make a child feel special**-Praise children when they do a good job and also for trying hard. Tell children your proud of them when they put a lot of effort in something. Give complements and tell them that they are special.
- **See the learning in mistakes**– When a child makes a mistake turn the negative into a positive. Focus on what he/she learned from the mistake.
- **Be a positive role model**- If you are constantly hard on your-self, putting your self down or pessimistic your children will see that and may eventually copy those same feelings. This may lead to them to feel that way about themselves.

- **Tune in to their feelings-** Sometimes this can be hard especially when a child has done something wrong and you yourself get angry and when to yell and scream. Sometimes a child doesn't understand what they have done. I remember I was sitting on the couch and my 6 year-old niece came running through the room with both her middle fingers up yelling middle finger, middle finger I almost lost it but I asked her if you knew what it meant and she said no and said her friend at school was doing it. I explained what it was and she was surprised she said she didn't know and never did it again.

Books –

The Eensy-Weensy Spider Freaks Out (Big Time!)

The Sneetches

Spaghetti in a Hot Dog Bun

Giraffes Can't Dance

The Dot

Unstoppable Me: 10 Ways to Soar Through Life