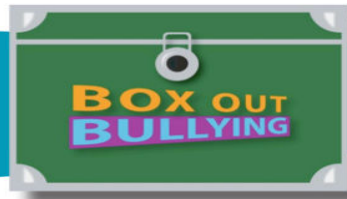


# ACTIONS THAT HELP CHILDREN BUILD HEALTHY SELF-ESTEEM

1. Ensure that your child excels in some activity.
2. Help them set goals and achieve them.
3. Teach children to keep commitments.
4. Provide opportunities for children to love and give to others.
5. Accept mistakes as a part of life and encourage your children to be accountable by repairing mistakes.
6. Give abundant opportunities to help others.
7. Encourage acts of honesty, especially when no one would find out.
8. Teach and model the joy of random acts of kindness and service.
9. Discover your child's interests and have them learn a new skill.





## ACTIONS THAT HELP CHILDREN BUILD HEALTHY SELF-ESTEEM (CONT')

10. Ask your children to teach you or a member of the family something.
11. When children are feeling down or depressed, teach them to do something that helps them feel better, i.e., help someone else, go for a walk, have quiet time.
12. Regular exercise is essential.
13. Belonging to a team through sports, art, music, or theater helps children gain confidence and increases their social skills.
14. Encourage your children to venture out of their comfort zone and take risks.

