

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.

