

ACTIONS THAT HELP CHILDREN BUILD HEALTHY SELF-ESTEEM

Ensure that your child excels in some activity.

Belonging to a team through sports, art, music, or theater helps children gain confidence and increases their social skills. Also encourage your children to venture out of their comfort zone and take risks!

Help your child set goals and achieve them.

Accept mistakes as part of life and encourage your children to be accountable by repairing mistakes.

Model how to show respect for themselves and others

Teach by showing your child the joy of random acts of kindness and service. Model how important is it to keep commitments. Give your child ample opportunities to see you love and give to others.

Let them grow by facing obstacles

Obstacles are the ultimate self esteem builders. An individual that has overcome adversity own their own can not help but learn the true meaning of self-worth. INote- you can always keep a close eye on them and jump in if things get out of control.

Discover your child's interests and have them learn a new skill.

And ask your child to teach you or a member of the family something.

Regular exercise is essential

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.

WHAT ARE YOU WAITING FOR? CONNECT WITH YOUR KIDS TODAY!