

# INCREASEING YOUR CHILD'S SELF ESTEEM

Praise their efforts instead of the outcome  
Ex: "you are being so focused on your art work!"

Encourage your child to express their ideas and make decisions.

Teach your child to problem solve for themselves.

Say "I love you" often in words and actions. Spending quality time helps them see you value them as a person.

Help your child express and manage their feelings, think realistically, and be optimistic.