

Building Self-Esteem in Your Child

The following is a list of tips that parents can use to help their children feel good about themselves. The key concept is to respect each child as a person.

- Spend at least 5 minutes a day alone with your child.
- Praise and encourage your child's efforts, not just their product.
- Don't talk down to your child. Take their problems and feelings seriously.
- Focus on your child's strengths rather than their weaknesses.
- Allow your children to do for themselves what they can do.
- Provide opportunities for your child to develop new skills and have new experiences.
- Model the kind of behavior you want your child to have.
- Give your child an allowance and an opportunity to earn money.
- Set limits and be consistent in enforcing these limits.
- Help your child learn to accept responsibility for their actions.

For information about the Child and Adolescent Services offered at Parkridge Valley, call RESPOND at (423) 499-2300 or 1-800-542-9600.



*A Behavioral Health Facility of
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