



Helpful Tips for Parents: Easy Ways To Improve Your Child's Self Esteem

By: Jessica Trumbull, LPC

Adapted from: Boost Your Child's Self Esteem by Karin Ireland, 99 Easy Things To Do To Raise Your Child's Self-Esteem by Nancy Krulik & Amanda Halev

- Tell your child you love them
- Take your child's feelings seriously
- Let them know it is ok to make mistakes
- Laugh at their jokes
- Praise their efforts without worrying about the results
- Teach your child that "I can't" will someday become "I can"
- Resist the urge to say, "I told you so"
- Thank your child for their random acts of kindness
- Look at your child's baby book with them
- Tell them the "Day You Were Born" story
- Don't let your child go to bed angry with you – or thinking that you are angry with them
- Always say goodbye before you leave
- Let your child cry - there's no need for them to take things like a grown up
- Make an "I Can" box and each time your child masters a new skill, write it on a slip of paper and put it in the box
- Ask your child how they are feeling and why
- Draw an imaginary line between your office and your home and try not to bring your work home
- Let it be ok for your child to disagree with you
- Show your child you're a "Can Do" family
- Say yes when you can but help them learn to be ok with no
- Give your child a list of 100 reasons why they are important to you
- Don't tell them their fears are silly
- Show your child how to ask for help
- Don't assume your child knows what to do
- Teach them to visualize what they want instead of what they don't
- Let your child help make family decisions
- Teach daily affirmations
- Attack the problem, not the child
- Catch your child in the act of doing something right and make it a big deal
- Respect your child and be someone they can respect
- Say "thank you" a lot
- Ask for their advice
- Be willing to admit when you are wrong
- Honor your promises
- Teach appropriate ways to express anger
- Teach them to trust their feelings
- Go for a walk, just the two of you
- Take a day off work and go on your child's class field trip
- Listen to their favorite CD with them
- Put together a cook book of all your child's favorite foods
- Create a time capsule of highlights over the past year
- Let your child teach you how to play their favorite computer game

- Look for ways to be a partner with your child. Learn something new together – take piano lessons, an art class, etc.
- Use your video camera to make a silly movie together
- Speak from your heart, not your ego, when correcting your child
- Don't finish their thoughts for them
- Accept their offers of help
- Put yourself in your child's shoes
- Find something positive to say to your child before school every morning