

10 Ways to Boost your Child's Self-Esteem

1. Hug your child everyday.
2. Encourage your child to try again.
3. Celebrate your child's successes-even little ones.
4. Establish routines they add to your child's sense of security.
5. Have favorite books that you read and reread to your child.
6. Laugh with your children and cry with them too.
7. Never be embarrassed to say "I love you."
8. If your child makes it, cherish it.
9. Post your child's drawings in prominent places. The refrigerator is perfect.
10. Sing along with your child.

Adapted from 501 Ways to Boost Your Child's Self-Esteem
By Robert D. Ramsey, Ed.D.