Tips for Building Self-Esteem ![C:\Documents and Settings\Siobhan Powers\Local Settings\Temporary Internet Files\Content.IE5\15W11LEJ\MC900088882[1].wmf]()

Reward children. Give praise, recognition, a special privilege of added responsibility for a job well done.

Take their ideas, emotions and feelings seriously.

Define limits and rules clearly, and enforce them.

Be a good role model.

Teach your children how to deal with time and manage money.

Have reasonable expectations for your children.

Help your children develop tolerance toward those with different values, backgrounds and norms.

Give your children responsibility.

Be reasonable when relating to your children.

Show them what they do is important to you.

Express your values, but go beyond “do this”, or “I want you to do that”.

Spend quality time together.

Discuss problems without placing blame or commenting on a child’s character.

Use phrases that build self-esteem.