

Healthy Ways to Improve Your Child's Self-Esteem



- » Let your child know that your love is unconditional.
- » Be verbally and physical affectionate.
- » Offer accurate praise for true accomplishments and encourage your child to take pride in their victories, large or small.
- » Create a safe and loving home environment that is a sanctuary from the outside world.
- » Encourage your child to explore, try new things, and meet new peers.
- » Spend 15 minutes each day with each of your children to focus on their feelings, including fears, challenges, happiness, sadness, excitement, or insecurities.
- » Be careful with your words and what you say to your child.
- » Make time to play, laugh, and have fun with your child: Every day, sit on the floor with your child to play.
- » Allow your child to take healthy risks and make their own choices.
- » Assign age-appropriate household chores to help your child feel pride in being responsible.



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