

YOU ARE RESPONSIBLE FOR YOUR CHILD'S SELF-ESTEEM.



- **Kids see themselves through their parent's eyes.** Your tone of voice, your body language, and your every expression are absorbed by your kids. Your words and actions as a parent affect their developing self-esteem more than anything else.
- **Praise accomplishments.** However small, a compliment will make your child feel proud. Make a point of finding something to praise every day. These statements will do more to encourage good behaviour over the long run than repeated scolding.
- **Don't belittle.** Comparing a child unfavorably with another will make kids feel worthless.
- **Avoid making loaded statements.** Don't use words as weapons. They cause damage just as physical blows do.
- **Choose your words carefully and be compassionate.** Let your kids know that everyone makes mistakes and that you still love them, even when you don't like their behaviour.
- **Be generous with rewards.** Your love, hugs, and compliments can work wonders and are often reward enough.