

Boost Your Child's Self-Esteem

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NOTE: This handout is intended as an educational and informational aid, and is not intended to be used for the purpose of diagnosis or treatment. Diagnosis and treatment of emotional or behavioral problems, and related disorders and conditions, should be provided by a licensed mental health professional.

Building and fostering your child's self-esteem is crucial for their emotional well-being and future success. These tips are effective with many children, but not all. A reminder that time with your child is the most important gift you can give your child to help boost self-esteem.

Ways to boost your child's self-esteem include:

Encourage Positive Self-Talk:

- Teach your child to replace negative thoughts with positive affirmations.
- Help them identify their strengths, reinforcing a positive inner dialogue.

Celebrate Achievements, Big and Small:

- Recognize and praise their efforts and enthusiasm.
- Make time to brag about your child to others so that your child hears it but does not have to respond to it.

Promote a Growth Mindset:

- Encourage a love of learning by focusing on the process rather than just the outcome.
- Emphasize that mistakes are opportunities for growth and improvement.

Active Listening and Validation:

- Take time to listen actively when your child shares their thoughts and feelings.
- Validate their emotions and experiences, letting them know it's okay to feel the way they do. Validating emotions does not mean agreeing with them. You can still validate without agreeing or disagreeing.

Promote Independence:

- Encourage your child to take on responsibilities appropriate for their age.
- Allow them to make choices and decisions, fostering a sense of autonomy and confidence.

Engage in Shared Activities:

- Spend quality time engaging in activities your child enjoys.
- Spend time with the entire family during meal time (not at a restaurant).

Model Positive Behavior:

- Demonstrate healthy self-esteem through your own actions and words.
- Make time to interact positively with your child's teacher(s) or coach(es).

Seek Professional Support if Needed:

- If you notice persistent self-esteem issues or emotional struggles, consider seeking the help of a mental health professional. Contact our office to schedule an appointment: hello@atlwell.com.