

## 15 WAYS TO HELP CHILDREN LIKE THEMSELVES

1. Give encouragement and recognition. Emphasize the good things, not the bad.
2. Take their ideas, emotions, and feelings seriously. Don't belittle them.
3. Define limits and rules clearly, and enforce them. But, do allow leeway for children
4. Be a good role model. Let your children know that you feel good about yourself.
5. Declare a family evening together at least one a month when everyone can be home to do something fun together. This tells children they are valued.
6. Have reasonable expectations for your children. Help them to set reachable goals so they can achieve success. Work together on establishing goals.
7. Give your children responsibility so they will feel useful and part of the family.
8. Be available! Give support when children need it.
9. Point out other people's strengths. Help your children develop tolerance towards different backgrounds, and norms.
10. Show them what they do is important to you. Talk with them about their activities and interests.
11. Express your values. Describe experiences that determined your values.
12. Spend time together. Share favorite activities.
13. Discuss problems without *placing blame!* If children and or others don't feel attacked, this will lead the way to positive communication and a solution.
14. Use phrases that build self-esteem, such as "Thank you for studying so hard." or "Keep up the hard work!" Avoid phrases that hurt self-esteem,
15. Show how much you care about them. Hug them. Tell them they are terrific and that you *love* them. \*Remember – **All** children can learn but not at the same time or the same place.