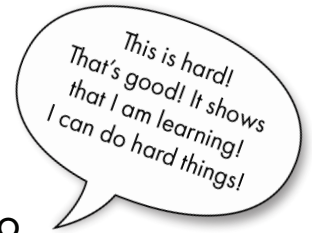


How to Help Your School-Aged Child Develop Strong Self-Esteem

We all want our kids to feel great about themselves and have strong self-esteem. As parents we can do a lot to help our children develop and it starts with us. Here are my six tips for helping your child develop healthy self-esteem.



1. Monitor your self-talk. Practice positive self-talk out loud to help teach your child how to do this for themselves.

2. When praising your child, focus on effort rather than outcome. Watch this video to learn about how to develop a growth mindset: <http://bit.ly/growthmindsetforkids>.

3. When they can't do something, use the word "Yet!" to help them shift their thinking into a growth mindset.

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4. Encourage failure. Encourage stretching outside of their comfort zone. Encourage self-compassion.

5. Help your child to use affirmations and visualization to build positive thinking pathways.



6. Use literature to explore how characters develop their self-esteem and solve challenges.



(click on the image to see the book on Amazon)

