



Baby 'N Me Self-Esteem

Nine Suggestions for Enhancing the Self-esteem of Your Children

1. Work on your own self-esteem
2. Encourage efforts toward a goal
3. Understand and appreciate each child as an individual
4. Provide opportunities to feel success
5. Allow your children to make decisions
6. When correction is needed, do it in a positive way
7. Help your children to feel lovable and capable
8. Establish effective communication
9. Catch them being good