

15 Ways to Help Children Like Themselves

- 1. *Reward Children. Emphasize the Good, not the Bad.***
- 2. *Take Their Ideas and Feelings Seriously.***
- 3. *Define Limits. Set Clear Rules. Enforce them Consistently.***
- 4. *Be a Good Role Model***
- 5. *Teach Children How to Handle Time and Money Wisely.***
- 6. *Set Reasonable Goals and Expectations. Help Them to Set Goals Also.***
- 7. *Help Children to be Tolerant of Others with Different Backgrounds and Values.***
- 8. *Give Children Responsibility.***
- 9. *Be Reasonable.***
- 10. *Show Them What They Do is Important to You.***
- 11. *Express Your Values and Explain Your Reasons for Decisions.***
- 12. *Spend Time Together.***
- 13. *Discuss Problems without Placing Blame or Attacking Their Character.***
- 14. *Avoid Comments that Hurt Self-Esteem like, "Why are you so stupid?"***
- 15. *Show They You Care.***