

Developing Self-Esteem

[Ways to Help Your Child Develop Self-Esteem](#)

Every parent wants a happy, healthy child with a strong sense of self-esteem and self confidence. Here are some ways parents can support and grow their child's self-esteem:

- Choose your words carefully and make sure to provide encouragement for your child
- Model positive self-esteem and positive self-talk
- Create a positive home environment where your child feels safe and loved
- Allow your child to become involved in cooperative activities such as volunteering for the good of others in order to feel good about themselves
- Help your child give others compliments and make others feel good in order to trigger positive feelings amongst themselves

