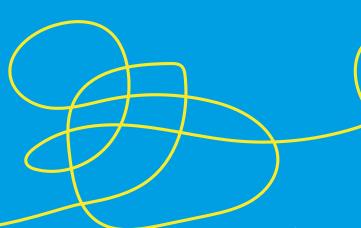




HEALTHY SELF-ESTEEM



TO HELP A CHILD

develop good self-esteem from an early age,



- IN THE PRESENCE OF YOUR TEEN.
- it is advisable to:
 - **Use appropriate language** about yourself to make it easier to teach to your teen.
 - Think about changing your compliments into questions.

For example, instead of saying: Well done, you got a great mark on your exam!

You could say:

Are you happy with your mark on your exam?

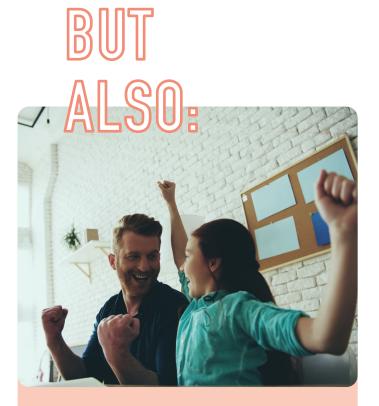
What do you think you did well?

What could you improve?

• Observe the circumstances in which your teen has low self-esteem so that you can put things into perspective and provide your teen with real information.



- Point out their skills and strengths;
- Boost their independence (e.g., choosing their own clothes);
- Provide a routine and a reassuring living environment with clear rules.



- Emphasize effort instead of results;
- Encourage your teens to experience things that take them out of their comfort zones in order to spark their self-awareness and face their fears;
- Have fun as a family by writing down your attributes, strengths and defining features.