



**DEVELOPING**  
**HEALTHY SELF-ESTEEM**

## TO HELP A CHILD

develop good self-esteem from an early age,

**YOU CAN:**

**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.

# BUT ALSO:



- 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.