10 WAYS TO BUILD YOUR Child's SELF-ESTEEM

S how respect for your child in all you say and do.
E ncourage your child to think choices through.
L isten attentively to what your child has to say.
F it family activities into each day.
E xpect the best, but explain that mistakes help us grow.
S et a good example by letting your self-esteem show.
T each your child to take pride in what he or she believes.
E xpress your praise for all your child attempts or achieves.
E mpower your child by assigning tasks that need tending.
M ake sure your child knows that your love is never-ending.

Tuolumne Band of Me-Wuk Indians
Social Services Department
PO Box 699
Tuolumne, California 95379
(209)928-3475