

## Give your child a boost to increase her self-esteem with these ideas:

- **Believe in your child** and show it - let her know she's a worthwhile, lovable individual.
- **Give praise and positive feedback** - your child measures her worth and achievements by what you think of her. "Well done, that was hard, and you managed it" is music to young ears. Reassure your child that it's OK to make mistakes and that it's all part of growing up.
- **Practise active, reflective listening** - listen carefully, repeat what you've heard to make sure you understand and give positive prompts to encourage your child to continue.
- **Acknowledge your child's feelings** - and help her express them verbally.
- **Criticise behaviour, not your child** - it's very easy to fall into this trap, but too much criticism tells your child she's a bad person and is causing things to happen because of her own stupidity. This is very damaging if it goes on for a long time. Be clear that it's an action you're angry about or behaviour you don't like.
- **Respect your child's interests, even if they seem boring to you** - take a genuine interest in your child's friends, and what's happening at school, and comment to show you're listening.
- **Accept any fears or insecurities your child expresses as genuine** - even if they seem trivial to you, don't just brush them aside. If your child says, "I'm useless at maths" say "You're obviously finding maths a struggle, how can I help you?".
- **Encourage independence** - encourage your child to take chances and try new things. Succeeding gives a huge boost to confidence, and sometimes your child will need to learn by her mistakes.
- **Laugh with your child** - never at her.
- **Focus on your child's successes** - swimming, music, whatever she can succeed at.