



Build Your Child's Self-Esteem

Child Care/Health Promotion

Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#84

Name of Child: _____ Date: _____

Build Your Child's Self-Esteem

A healthy self-esteem will help your child be less anxious and more confident. There are many things you can do to help build self-esteem in your child.

- Do things with your child. Take walks, play, clean house or go food shopping together.
- Listen to your child. Teach your child how to solve problems, don't solve problems for him or her.
- Teach your child values to live by. Show your child how you apply values in your life. Children feel good when they do good.
- What does your child like to do that is healthy and good? Help your child do fun things like hobbies, sports and games.
- Find out what your child enjoys. Plan your child's activities to include those things.
- Do not tease or joke about the things your child finds fun.
- Help your child do better at: _____



Teach your child
how to solve problems,
don't solve problems for him or her.

- **Teach your child how to make and keep friends. Involve your child in clubs, classes or teams. These help your child meet other children.**
- **When possible, let your child make choices.**
- **Help your child know what to expect. Have your child do the same things at the same time every day. Every day should have the same bed time, meal times, homework times and play times.**
- **Do not ask your child to do something he or she is not able to do.**
- **Tell your child what you expect and when you expect it. Be very clear. Do this before each new activity. For example, say, “We are going to the store. You need to stay with me. Use a quiet voice and keep your hands to yourself.”**
- **Have your child tell you what you said you expect. Make sure your child understands.**
- **Let your child finish tasks. Give your child a warning before a new task begins, like, “We need to leave in five minutes.”**
- **Notice when your child does well. This is very important whenever the task is something your child finds hard to do. Reward your child with praise, attention, special toys or activities.**



Notice when your child does well. Reward your child with praise, attention, or activities.

- **When you praise your child, say what your child did well. Describe what your child did that you liked.**
- **When you can, tell your child what to do instead of what not to do. Say, “speak softer please,” instead of, “stop yelling.”**
- **Listen to what you call your child. Do not use mean or negative nicknames.**
- **Do not complain, tease or joke about things your child cannot change.**

- **Wait until you are alone with your child to talk about what he or she could do better next time. Don't do this in front of others.**
- **When your child disobeys you, give your child a sit-out or take away a privilege. Do not hit or physically hurt your child.**
- **Others:**

Now that you've read this:

- Tell your child's nurse or doctor what you will do to build your child's self-esteem. (Check when done.)**



If you have any questions or concerns,

- call your child's doctor or**
- call _____**

**If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital:
1919 East Thomas Road in Phoenix
602-546-1400
www.phoenixchildrenshospital.com**

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, April 18, 2002 • DRAFT in family review
#84 • Written by Paula Pastore, RN • Illustrated by Dennis Swain
This handout is also available in Spanish as #568/84s.



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Name of Health Care Provider: _____ Number: 84

For office use: Date returned: _____ db nb xls

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes **No**

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!