

# HOW TO Build Your Child's Self- Esteem

By the Kids in Transition to School (KITS) Program



## Use praise

that is specific,  
sincere & based  
on efforts (vs  
outcomes)



Let your child  
make her

**own  
decisions**  
when possible



Let your child  
take

**reasonable  
risks**  
to build self-  
confidence



teach your child  
**positive self-  
talk**



help your child to  
**learn from  
mistakes**  
and problem solve



give your child  
**responsibilities**  
to show him what  
he can do

