

## Strategies to Help Boost Your Child's Self Esteem

By [Aurelia Williams](#)

Self esteem is an important quality for all children to have. As parents, you can help to boost your child's self esteem by following the steps below:

- **Model good self-esteem:** Express through your actions and words that you respect yourself. Children are wonderful at imitating what they see and hear. Remember, you are your child's best role model.
- **Create positive routines:** Young children need routines to help them to feel secure and competent. Try to set a good schedule for bedtime, rest/naps, meals, etc. Try to keep exceptions to the routine to a minimum and explain any necessary changes if/when they occur.
- **Allow many opportunities for children to contribute to the family:** Give your child a job/chore that only he/she does for the family. Even a small job can have a positive lasting impact on your child's self esteem.
- **Talk about the world in positive terms:** Even though there is negativity in the world, don't dwell on it with your child. When with your child, be sure to point out the many positive things in the world.
- **Spend time with your child:** Remember quality is more important than quantity. Even if you spend just 30 minutes with your child one on one -- playing games, taking walks, having long bedtime chats, or just snuggling in front of the TV, spending time with your child shows them that you value their company.
- **Give your child choices:** Giving your child choices between a reasonable set of options that are already predetermined by you will make them feel empowered.

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