

## Help Build Your Children's Self-Esteem

Self-esteem is important for all children – It is how they *think* and *feel* about themselves.

Children with high self esteem usually:

- Do well in school
- Get along with others
- Have fewer emotional problems

Parents/Grandparents can:

- Spend time with your children
- Give support and encouragement
- Ask what your child thinks
- Set short and long term goals with your children
- Respect their opinions
- Notice the little things that are positive – praise, say “thank you”

**You can see self-esteem in the things that your children do: art, homework and how they interact with others. Self-esteem affects everything your children produce and how they approach life's challenges.**

**Over 1300 third grade children in Salt Lake, Summit and Tooele participated at their schools in Valley Mental Health's art contest –many teachers focused on self-esteem issues while working on the contest. The third graders drew a picture to the theme, “*When I feel Good About Myself I Can.....*” Each child drew a picture demonstrating what they feel they can do if they feel good about themselves.**