

## A SELF-ESTEEM BUILDER

This self-esteem builder is for use by parents. Acknowledge the good things your child does, big or small. To keep track, have a weekly chart posted in the kitchen with your child's name. On each day, write the positive things that were done that day - even if there is just one. If you have more than one child, then have more than one chart.

Adapt the chart to your child's needs.

- ✓ For the child who is fearful, record small acts of courage.
- ✓ For the child who has trouble cooperating, note each time he or she listened.
- ✓ For the child who has trouble with being messy, jot down each item that was put away without being told.
- ✓ Other positive things:

Acts of kindness - Helping clean up - Offering to share

At the end of the week, read the chart as a family. This activity helps your child feel good about him/herself and helps you as a parent to focus on the positive things they do. Applaud all successes. Do not permit competition between siblings.