

- **Give your children responsibilities and daily chores at which they can succeed. Make sure your expectations are reasonable for your particular child. For instance, a child might start with simply putting napkins on the table and gradually grow into independently setting the whole table. Acknowledge your children's when they try, even if they may not be completely successful.**
- **Give them freedom to take risks. As parents, we do not want to see our children fail, but it is important for children to learn that everybody fails at one time or another. It is an unavoidable, normal part of life. Children cannot learn to handle disappointment unless they experience it. As parents we must teach our children how to cope with failure. In reality, there is much to be learned from failing. Genuine self-esteem in children comes from the realization that they can stand on their own two feet and be successful.**
- **Encourage your child to laugh at himself. Laughter and a sense of humor can take the sting out of defeat.**
- **Encourage them to have friendships. Friendships teach children how to cooperate and get along with others. If children have their social needs met, they are much more likely to develop healthy self-esteem. If your child is shy or withdrawn, try to be a kind of "social engineer." Sometimes younger kids who are really shy need someone to help them get through the initial "break-in" phases of a relationship. They need a parent to pick up the phone, make the calls, invite people over, do some chauffeuring, and accompany them to activities.**
- **Encourage his interests and abilities. Participation in an activity that children enjoy and are good at is an excellent self-esteem booster. However, do not push them to the point of "burn out."**
- **Cooperate and work closely with their teachers at school. Children who are successful at school are more likely to feel good about themselves.**
- **Be a good role model. For example, parents should try not to argue in front of their children. Kids, especially younger ones, tend to think that whatever the problem is, it's their fault. It makes little difference if you tell them later they had nothing to do with it.**
- **Display appropriate and consistent discipline. You can be a warm, nurturing, supportive parent even while you are applying discipline. Having clear limits will help your child take responsibility for his actions. Choose your battles, keep your cool, and give him time to correct bad behavior before you punish him. Although you cannot ignore aggressive or destructive behaviors, you can ignore behavior which is mainly annoying. Do not hit or shake your child.**
- **Provide the structure of regular daily routines but not a rigid schedule. Children need an environment that is steady, reliable, predictable, and responsive to their needs. Make and enforce clear limits.**
- **Do not live your life through him. Always ask yourself, "Am I doing this for him or for me?"**