

# Promote Self-Esteem

- Point out strengths, skills and talents using positive statements based on fact & experience
- Create an 'it's ok to be different' atmosphere at home
- Model hopeful self-talk (e.g. change 'I can't' to 'I haven't learned how to yet')
- Identify opportunities for your child to use their strengths to solve problems
- Help your child feel happy by having FUN!
- Try to think of mistakes & challenges as opportunities
- Encourage realistic expectations about your child being the best they can be, rather than comparing themselves to others
- View mistakes and challenges as opportunities, and explore solutions to set-backs and obstacles
- Provide appropriate levels of independence to develop confidence
- Encourage a sense of purpose and belonging through activities, clubs and community events

*you are great at  
thinking up new ideas!*

*you are so good at keeping  
going even when things are  
tough!*

## Thinking positively

- Help your child notice and remember the positives. Try social stories about thinking about the positive side of life, or scrap books of achievements and things that make them happy.