



Your child's first name

's SELF-ESTEEM CALENDAR

Your child's self-esteem is shaped by everyday experiences. Here are 30 simple gestures to incorporate into your daily routine to help your little one develop a sense of worth and a positive self-image.



Tell your child you love them.



Give them a few small, realistic challenges.



Encourage them to try something new.



Let them safely explore their environment.



Let them make decisions.



Involve your child in your day-to-day tasks.



Ask your child about what makes them feel proud and happy.



Give them a chance to interact with other kids and make friends.



Tell them how much they mean to you as you tuck them into bed.



Display their drawings and crafts.



Downplay a situation that's making them sad.



Celebrate your child's successes.



Tell them how glad you are to be their parent.



Emphasize the importance of helping others.



Be there for your child when they're going through a hard time.



Acknowledge that your child is unique.



Support your child's initiatives.



Look through photos of your child together.



Help your child recognize their strengths.



Encourage them to express their feelings.



Recognize your child's efforts.



Foster their creativity.



Play with your child.



Encourage them to finish what they start.



List their qualities.



Be kind and patient with them.



Tell your child you're proud of them.



Read or flip through your child's favourite book together.



Respect the pace at which they learn.



Give your child your full attention when they tell you something.

