

'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.

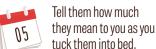


Give them a few small, realistic challenges.











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

Let them safely

explore their

environment.



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







Help your child recognize their strengths.



List their qualities.



Celebrate your child's successes.



Encourage them to express their feelings.



Be kind and patient with them.



Tell them how glad you are to be their parent.



Recognize your child's efforts.



Tell your child you're proud of them.



Emphasize the importance of helping others.



Foster their creativity.



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



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



Play with your child.



Respect the pace at which they learn.



Acknowledge that your child is unique.



Encourage them to finish what they start.



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



Support your child's initiatives.



Look through photos of your child together.



