



COUNTY OF BERGEN
KATHLEEN A. DONOVAN, *County Executive*

10 Tips for Building Self-Esteem

A positive self-image will help your children resist the temptations of drug and alcohol use. The family plays an important role in helping develop a positive self-image. To help your children believe in themselves, keep the following tips handy so you can keep them in mind.

- ★ Communicate openly with your children.
- ★ Be a good listener.
- ★ Include your children in family discussions. Value their opinions.
- ★ Try to understand your children's point of view. Remember how you felt at their age.
- ★ Give your children responsibilities appropriate to their age.
- ★ Set firm limits. Young people need to know what is expected of them.
- ★ Be generous, yet sincere, when offering praise and encouragement.
- ★ Help children set goals and work together toward accomplishing them.
- ★ Remember that winning isn't everything. Trying is what is important.
- ★ Be a positive role model.

Material adapted from "Leading Children to Self-Esteem" by the National PTA and Keebler Company

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