

Adapted from NAEYC article entitled:  
**Self Esteem in Young Children: You are the Key**

A child with a healthy sense of self esteem feels that the important adults in his life love him, accept him and would go out of their way to ensure his safety and well-being. Here are some of the key things that help a child build self esteem and confidence.

**Commitment** – Be reliable and responsive to your child always. Every child needs at least one reliable and responsive adult who is connected to her and available for her over the long term.

**Communication** – Chat encouragingly with your child about the things he is doing, thinking and feeling. This will enhance your child's language development and help your child build independence.

**Boundaries** – Set reasonable and reasonably consistent limits to help your child feel safe and that she is a likeable, good person.

**Appreciation** – Respond to your child's interests and efforts with true appreciation, not empty praise.

**Coping strategies** – Help your child cope with difficult situations. Let your child know that your love and support for him always remains unchanged.

**Modeling** – Show your child by your actions, the importance of being a caring and productive individual.

A child needs lots of leisurely time with loved ones and others who enjoy her. Parents strengthen a child's self esteem by treating her respectfully, taking her views and opinions seriously, and expressing their love for her.