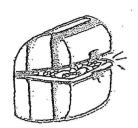
Information sheet 3A

Ways for adults to support healthy self-esteem in children



giving time

loving

trusting

listening

having realistic expectations

encouraging friendships

describing actions (not labelling behaviour)

accepting

making positive requests (defining the appropriate behaviour)

acknowledging feelings

respecting

playing



(0.0)

noticing small triumphs

rewarding

providing security

encouraging

celebrating achievements

negotiating

modelling appropriate behaviour

giving appropriate responsibility

empathising

shared problem-solving

sharing stories/special time together

defining appropriate boundaries

giving unqualified praise