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TIPS FOR SUCCESSFULLY BUILDING YOUR TEEN'S SELF ESTEEM

1. Begin with the end in mind.

Think about the ideal outcome - a young adult with the traits you want for your adult child. Do you want your child to feel the way you do when they are an adult? Set up opportunities to help her build her self esteem.

2. Develop your own skills

Feeling inadequate? Concerned about passing on lessons from your childhood that are not what you want for your child? Get help - read, go to classes, enter therapy or a support group. Learn from your experiences -- make the changes you want for your child.

3. Choose your battles wisely

Rome wasn't built in a day. Decide on one area to address, like empowerment or integrity and focus on that until you see success. Then, tackle another issue.

4. Align the adults

Ensure all adults are on the same page. If they aren't ready, willing and able to be positive influences, keep them away! You have to be your daughter's advocate. It is critical that the consequences are enforced, even when there is an emotional attachment.

5. Create Opportunities for Success

Catch them being good. Set small goals that your daughter can easily attain on her road to improved self esteem. Focus on one small step until it is achieved consistently, and then add something else. Start now and help her build trust in herself.

