

Build children up with words



5 Ways You Can Help Your Children Feel Good About Themselves

1. Give hugs.
2. Ask your child about their day.
3. Spend one-on-one time with each of your children...even if it's only a minute.
4. Allow your child to serve themselves food. It helps them become independent.
5. Say positive things about yourself and others in front of your children.

Children need good words to grow!



By 5 years of age,
children already have
good or bad feelings
about their bodies.