

6. Encourage children to try different activities

Encourage children to join extracurricular activities, study groups or interest groups. Multiple developments help to discover their potential. Each new positive experience can help boost their self-esteem and self-confidence.

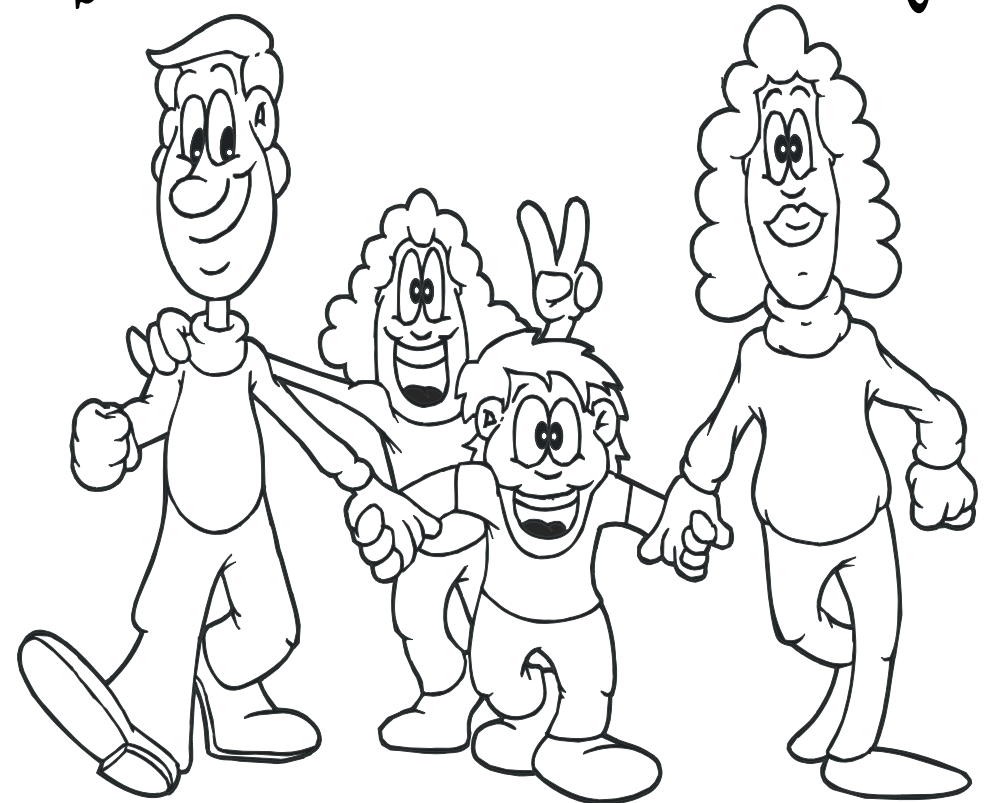


Conclusion

A teenager with self-esteem and self-confidence is sure of his/her value or strengths, not mind that others will know his/her weaknesses, nor care how others feel about him/her. He/She will identify a goal and be committed to it. Compliments, respect, trust, support and encouragement from parents can help their children develop self-esteem and self-confidence.



# Parents Help Children Develop Self-esteem and Self-confidence

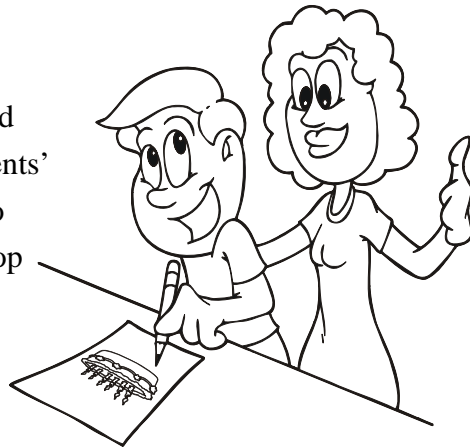


## Preface

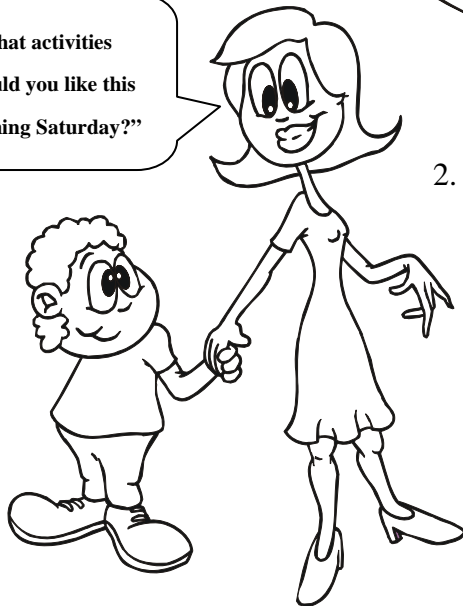
The Development of Self-esteem and self-confidence is an essential part of the entire personality development of teenagers during their growing stages. The level of self-esteem and self-confidence depends on whether or not the teenagers can assure their own values, recognize their abilities and strength, and accept their weaknesses. However, parents can still help their children develop self-esteem and self-confidence by adopting some techniques.

### 1. Appreciate children

Recognize children's strength and give sincere compliments as parents' recognition help children learn to appreciate themselves and develop self-esteem and self-confidence.



"What activities would you like this coming Saturday?"



### 2. Respect children

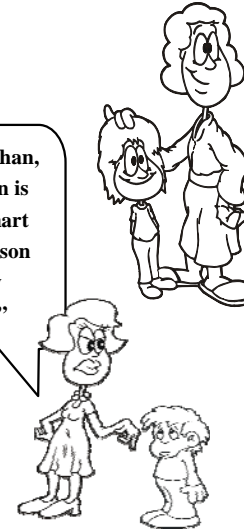
Teenagers have their own views and preferences. If parents ask children's opinions on related issues, they will feel being respected and valued.

### 3. Develop children's ability to handle things independently

Assign some work and responsibilities to children based on their abilities. Gradually provide them with the opportunity for independence, such as how to use their pocket money, so as to build their confidence.



"Mrs Chan, your son is very smart but my son is really useless."



### 4. Avoid comparison

Avoid comparing your children with other children or criticizing their weaknesses in front of other people, such as "Your son is so smart, ranking top in the class every year. My son is useless. He's no good in studies but plays football everyday." These negative comments will only hurt children's self-esteem and self-confidence.

### 5. Help children learn from failure

When children encounter failure, never make them feel like losers. Tell them things were just not perfect and it will be better if they work harder next time. Parents' consolations and support can help children regain their self-esteem and self-confidence.

"Don't be disappointed. Work harder next time."

