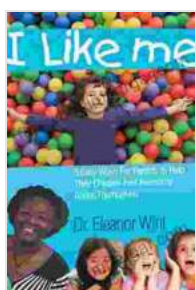


# Easy Ways For Parents To Help Their Children Feel Awesome About Themselves

As a parent, you want nothing more than for your child to be happy and healthy. You want them to feel good about themselves and be confident in their abilities. But in today's world, it can be difficult to raise a child with a positive self-image.



## I Like Me: 5 Easy Ways for Parents to Help Their Children Feel Awesome about Themselves by Eleanor Wint

★★★★★ 5 out of 5

Language	: English
File size	: 3270 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 141 pages
Lending	: Enabled



There are so many messages out there that tell children they're not good enough. They're not pretty enough, they're not smart enough, they're not athletic enough. It can be hard for children to resist these messages, especially when they come from their peers or the media.

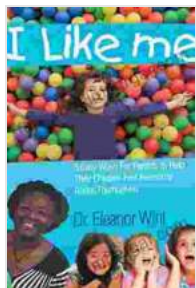
But there are things you can do as a parent to help your child develop a positive self-image. Here are a few tips:

1. **Be positive and supportive.** Let your child know that you love them and accept them for who they are. Encourage them to pursue their interests and dreams, and be there for them when they need you.
2. **Set realistic expectations.** Don't expect your child to be perfect. Everyone makes mistakes. Instead, focus on your child's strengths and help them to improve their weaknesses.
3. **Praise your child's effort, not just their achievements.** This teaches your child that it's okay to make mistakes and that you value their hard work.
4. **Help your child to develop a growth mindset.** A growth mindset is the belief that you can improve your abilities through effort and hard work. This is in contrast to a fixed mindset, which believes that your abilities are set in stone.
5. **Teach your child to be kind to themselves and others.** When children are kind to themselves, they're more likely to be kind to others. This can create a positive cycle of self-acceptance and compassion.

Helping your child to develop a positive self-image is one of the most important things you can do as a parent. By following these tips, you can help your child to feel good about themselves and to be confident in their abilities.

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