



Pause for a child

You play an important role in helping your children feel good about themselves.

Praise him when he succeeds at a task or shows thoughtfulness.

Reassure her that no one is perfect, and only laugh at her accidents or mistakes if you're laughing together.

Don't compare him to other kids, even a brother or sister.

Give him responsibilities, such as folding laundry or making his bed, to help him feel grown up.

Help her fill a photo album or scrapbook with pictures, certificates or other material that gives her joy, to remind her who she is and what she wants out of life.

