

Building Strong Families

Ways to Build Self-Awareness and Self-Esteem

Listen to your children—Let them know that you really hear them

1. Give the child your full attention.
2. Really listen. Listen for the thoughts and feelings behind the words.
3. Repeat what the child said to be sure you understand.
4. Try to identify with your child. Put yourself in your child's place. Show that you understand and care about your child's feelings.