

# Building Strong Families

## Ways to Build Self-Awareness and Self-Esteem

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### **Set Your Children Up for Success, Not Failure**

**1. Know your children and their limits.**

Know your children's strengths and weaknesses. Know what they are able to do, when to give them jobs to do, what will help them work the best, and what will frustrate them.

**2. State clearly what you expect. Be sure that you are not expecting too much or too little.**

Give children jobs that they are ready and able to do. Be sure that they understand what to do.

**3. When you give your children choices, give only two. Too many choices can be overwhelming. And make sure that both choices are ones that you can live with.**

**4. Remove things that keep your children from succeeding.**

Help your children so that they don't get distracted or frustrated.

**5. Give your children some help and small rewards if needed to make the jobs easier to finish.**

You can give them some help as long as they keep working at a job. You may want to offer them something they enjoy when the job is finished.