Building Strong Families

Strategies for Enhancing Self-Awareness and Self-Esteem

1. **Listen and Acknowledge**
   
   Listen to your child. What are the thoughts and feelings behind the words?

2. **Structure for Success**
   
   Set up your child for success, not failure.

3. **Reinforce**
   
   Let your child know he or she is lovable and capable.

4. **Reasonable Control**
   
   Allow your child to have some control.

5. **Model**
   
   Build your own self-esteem.

(Anderson, Redman, & Rogers, 1991)