Positive Self-Esteem Characteristics

Self-esteem is feeling good about yourself. This is an important quality for your child to develop in the first 3-5 years of their life. With positive self-esteem, children are more likely to be self-motivated, better problem solvers, have a “try again” attitude, feel loved and accepted, and believe in themselves!

4 Ways to Build Self-Esteem in Kids

**Give Choices and Responsibilities**
- Offer choices (What shirt to wear). Give age appropriate responsibilities, like chores around the house (putting up toys).

**Praise Sincerely**
- Be sincere and specific with your praise. Instead of saying, “You’re the best artist in the world!” Say something like, “You’re getting so good at coloring in the lines!”

**Use Failure As an Opportunity**
- Let your kids challenge themselves, make mistakes, and occasionally fail. Then make it clear that you still love them just the same. Encourage them to try again.

**Create Opportunities for Success**
- Teach your kids to successfully do things for themselves. Focus on their strengths and notice their abilities.

Check Out These Books

- **I Am Enough**
  - Grace Byers

- **A Bad Case of the Stripes**
  - David Shannon

- **The Dot**
  - Peter H. Reynolds

Sing This Song

(In the tune of “Twinkle, Twinkle Little Star”)

Special, special, special me
How I wonder what I’ll be
In this big world I can be
Anything I want to be
Special, special, special me
How I wonder what I’ll be

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