

## 31 Ways to Build Your Child's Self Esteem

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Volunteer with your child.	Plan to attend school events: field trips, open houses, conferences	Make a chore chart and let your child keep track of his/her accomplishments	Designate a quiet place for your child to study	Praise your Child	Make a family tree	Play a sport together
Go for a walk and learn the neighborhood. Find your	Plant a seed and watch it grow. Let your child be responsible for care	Hang your child's artwork around the house	Write a letter to a relative together and mail it together.	Be a coach, school volunteer, or scout leader	Teach your child good manners	Let your child plan an evening out
Paint your child's bedroom and let him/her choose the color	Keep photographs of your child around the house	Buy your child a watch and teach her/him how to tell	Play games and work puzzles together	Plan and prepare a meal together and eat the meal with your child.	Talk to your child about his cultural heritage.	Let your child select the clothes he'll wear today.
Make a growth chart	Designate a special day to spend just with your child	Encourage your child to talk about his/her day.	Make a list together of all reasons your child is special and post it	Encourage your child to have a hobby or start a collection	Read to your child and let your child read to you	Help your child sign up for a library card.