

**Kids who have great self-esteem are less likely to become involved in risky behaviors.
Here are tips to help build your child's self-esteem:**

- Give your child lots of praise, love and affection
- Teach children to learn to do things themselves
- Teach them to feel proud about your family history and your culture
- Give them the power to choose
- Help them set realistic goals

Find out more about Child Health through the Kids Health web site,
<http://www.KidsHealth.org>, and type in: **“Developing Your Child's Self-Esteem”** for the search.

