



Self-Esteem and Self-Efficacy Tips for Caregivers Handout

- **Act as a trusting, loving, and kind caregiver.**
- **Help your child to see himself in a positive way.**
- **Teach your child how to understand his strengths and limitations.**
- **Help your child to have success by taking small, age-appropriate steps to meet goals.**
- **Teach your child how not to quit during a challenge or setback.**
- **Provide opportunities for your child to play where he can make decisions, use his imagination, problem solve and develop new skills.**
- **Share stories with your child about your own challenges and talk about how you overcame them.**
- **When praising your child be specific about what he did well.**