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## Self-Esteem

### What is self-esteem?

Self-esteem is how your child feels about herself. Having high self-esteem is very important. Read on to find out ways to help your child build self-esteem.

### Help your child build self-esteem

Ask your child these questions to see what her self-esteem is like:

- Does your child feel happy with herself?
- Does your child feel proud about what she can do?
- Does your child feel loved?
- Does your child have friends?
- Does your child feel good about her looks?
- Does your child feel good about school?
- Does your child feel comfortable with her hearing loss?

If your child answered "no" to any of these questions, she may need help with self-esteem.

Next: [What You Can Do to Help Your Child's Self-Esteem](#)

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*You can find this page online at:*

<http://www.raisingdeafkids.org/growingup/esteem/index.jsp>