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What You Can Do to Help Your Child's Self-Esteem

Read these tips for making your child feel better about herself:

Tell your child you're proud of her. Let your child know that you think she's the best kid in the whole world. Say:

- "You're good at that."
- "You did a good job!"
- "You've worked hard."
- "You make me proud."
- "You tried hard."
- "You can do it."



Spend time with your child.

- Hug your child a lot.
- Follow her lead - spend time doing what your child likes.
- Play together, read together, or watch a movie together.
- Practice sports and music together.
- Or just talk.

Include your child. It's hard to be the only deaf or hard of hearing person in a family.

- Always include your child when your family is talking.
- Find ways to communicate < <http://dfccdevlp:8080/communicating/tips/index.jsp> > with your child.
- When you go somewhere, make sure you bring her.
- Help her join in and be a part of the group.

Find other kids with hearing loss. Try to find other kids like your child so they can share and be friends. It's important your child has a special friend she can talk to.

Find a mentor for your child. You love your child very much, but you may not know what she's going through.

- It's hard to be deaf in a hearing world.
- Your child needs to see grown-ups with hearing loss who feel good and are happy.
- Your child needs to know that she can get a good job, have a family of her own, and make lots of friends.
- Having a deaf adult to talk to can help her out a lot.

Deaf mentors can help:

- They can come to your home and teach you and your family sign language.
- They can give you information about Deaf culture, and help you find services.
- Deaf mentors can be role models for your child.
- Read [What is a deaf mentor?](http://www.wesp-dhh.wi.gov/dmp.htm). < <http://www.wesp-dhh.wi.gov/dmp.htm> >

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You can find this page online at:

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