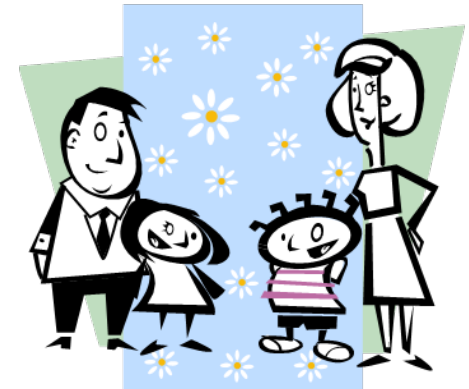


# Living Well Tip of the Week

**Kids who have good self-esteem are less likely to become involved in risky behaviors.**

## Tips to Help Build Your Child's Self-Esteem

- Give you child lots of praise, love, & affection
- Teach children to learn to do things themselves
- Teach them to feel proud about your family history, or your culture
- Give them choices
- Help them set realistic goals



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