

## **Helping children build a positive self-image**

### **Tips for parents**

- Praise and celebrate your child's achievements, talents, interests, values and skills rather than their appearance
- Encourage their individuality
- Read stories that promote individuality and self-acceptance
- If your child has unhelpful thoughts about themselves, help them replace with positive thoughts
- Help your child practice positive self-talk about themselves. At the end of the day talk with your child about two things that went well in their day, or that they were proud of
- Help your child talk about their feelings and listen to any worries they might have about themselves
- Try to be positive about your own or other people's appearance
- Stop any teasing or criticism of aspects of a child's appearance
- Talk to your child about the media pressure to look and be a certain way so they are more critical of the messages they receive
- Avoid toys and clothes that represent rigid stereotyped gender roles and that carry sexual slogans
- Check the suitability of online games/social media sites. Talk about the messages they present of men and women, how that makes the viewer feel and whether they reinforce a positive or negative self-image