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 your 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

Find Out More About Child Health through [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut), select “Health Topics” and type “Child Health”