



Tools to Build Self-Esteem

Teach and Model Positive Self- Talk.

- How we talk to ourselves matters
- How we view mistakes or poor choices matters

Know the power of AND!

- I can be upset AND still love you.
- You can have ADHD/Autism AND still use strategies to help yourself.
- You can have a diagnosis AND strengths can emerge from it.

Get your child involved.

- Let children help
- Encourage and allow children to do what they are able even if they make mistakes
- Encourage and develop hobbies and extracurricular activities

