

# Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem



By [Mara Miller](#)

You love your children, then you want nothing more than for them to be happy and healthy. You want to praise them like crazy whenever they succeed, like learning to play an instrument or winning the game for their sports team. We've gathered together five ways to boost your child's self-esteem in these [parenting tips](#).

# Check out our five ways to boost your child's self-esteem with our parenting tips!

Boosting your child's self-esteem is important but be sure not to overdo it. You can actually cause more harm than good if you praise your children too much, causing them to think they need to be perfect at everything they do and setting impossible standards—but we'll touch upon that in a few moments. A child with high self-esteem and confidence in themselves will grow to be well-adjusted adults who own their own house by the time they are twenty-five because they have an amazing job, so here are five tips on boosting your child's self-esteem with our [parenting advice](#):

**1. Let them make choices:** Kids won't learn if you constantly nag them. Let them make a choice not to do homework. They'll mess up and get a C on an assignment or feel completely lost because they haven't practiced playing piano for a music recital audition. Not only will your kids learn responsibility from messing up, but they will also start to surprise you with their choices.

**Related Link:** [Parenting Tips: Lifestyle Changes for Better Behavior](#)

**2. Let them help around the house:** Let your kids help you cook and clean. Even if they are little, you will help build their self-confidence when they show you they know how to wash a dish or help cook breakfast (and you'll teach them important life skills, too!).

**Related Link:** [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

**3. Show them unconditional love:** Letting your children know

you love them is one of the most important things you can do as a parent. If they feel loved, they'll feel more confident in whatever they're trying to do!

**4. Keep goals within reach:** Encourage your children to set goals within their reach. Don't let them set unreasonable goals like learning how to play the piano perfectly in a week, for example.

**5. Don't lose sleep over it:** If you see your child fail, don't blame yourself. They have to learn and adjust as children if they are going to be well-balanced adults. You can't micromanage everything. Give constructive criticism, encourage them to try again, and watch your child's success rate flow off the charts!

**What are some ways you boost your child's self-esteem? Let us know in the comments below!**