

## **Don't put them down...**

### **Do not ignore your child.**

When your child needs your help, act! Don't tell your child that you don't have time for them and send them away. This frustrates your child and makes them feel unimportant. However, don't do everything for your child either. This puts them down and makes them feel helpless.

### **Do not expect the worst.**

If you think your child is bad, he will be bad. If you think your child will fail, they will fail. And if you think your child will misbehave, they will misbehave.

### **Do not notice only the mistakes.**

All children make mistakes and misbehave sometimes. If you only take the time to talk to your child when they make mistakes, they may soon believe that there is more wrong with them than right.

## **...build them up!**

### **Help your child build skills, one step at a time.**

Break big challenges down into small one. Each time your child does something right, they feel good and gain courage to try to learn new things.

### **Show confidence in your child.**

You're the most important person to your child and they believe everything you tell them. Your words and your actions help your child grow. If you believe in your child, they will believe in themselves.

### **Catch them doing good.**

Teach yourself to look at all the good things about your child. Don't just catch them doing something wrong, make sure you catch them doing lots more right! Tell your child what you like about them and how glad you are that they're your child.