

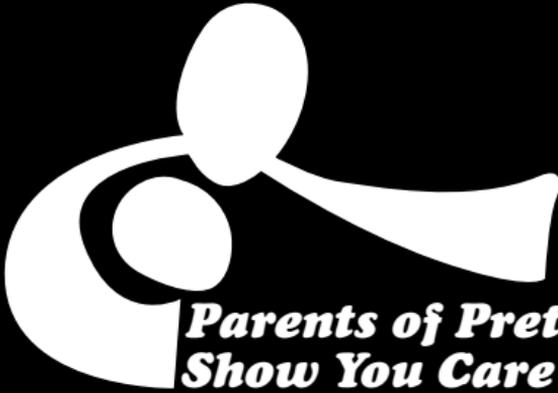


COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF MARYLAND AT COLLEGE PARK

UNIVERSITY OF MARYLAND EASTERN SHORE

Leaflet 256



***Parents of Preteens:  
Show You Care***



Boost  
Your  
Preteens'  
Self-Esteem

# Parents of Preteens: Show You Care



## Boost Your Preteens' Self-Esteem

Self-esteem is feeling good about yourself. Preteens need to know others value and accept them. They must feel loved. They also must feel they are able to do some things well. Preteens are not always sure of themselves. Just changing schools can be scary for them. Preteens worry about being smart enough to do their schoolwork. They worry about making friends.

When preteens have high self-esteem, they care about themselves and others. They can make and keep good friends. They enjoy learning. They are proud of who they are and what they can do. Also, they know how to handle failure.

You can help your preteens feel good about themselves. You are their most important support. When you listen to them and try to understand, you show that you care. This caring builds preteens' self-esteem.

## **Ways to Boost Your Preteens' Self-Esteem**

- Show respect for your preteens.
- Let your preteens know they are special.
- Take their feelings seriously.
- Let your preteens know when they make you happy.
- Show affection with a hug or pat on the back.
- Let your preteens try out new interests.
- Do not compare your preteens to others.
- Praise your preteens.

Other leaflets in the *Parents of Preteens: Show You Care* series are

- L 249 Tell Your Preteens What You Expect
- L 250 Prepare Your Preteens for Body Changes
- L 251 Help Your Preteens Do What Is Right
- L 252 Help Your Preteens Make Friends
- L 253 Help Your Preteens if You Separate
- L 254 Get Help When You Need It
- L 255 Help Your Preteens Succeed in School

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