Living Well Tip of the Week

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 you 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 <u>www.webmdhealth.com/ut</u>, select "Health Topics" and type "Child Health"

> *Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.