



Building Your Child's Self-Esteem: 9 Secrets Every Parent Needs to Know

Yvonne Brooks

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Self-esteem is your sense of personal worth. It encompasses both self-confidence and self-acceptance. In part, healthy self-esteem comes from your awareness of the value you add to your family and the community. In *Building Your Child's Self-Esteem*, author Yvonne Brooks provides a step-by-step guide for improving children's self-esteem. Practical and hands-on, with clear and concise instructions, *Building Your Child's Self-Esteem* shows parents how to identify healthy and low self-esteem behaviors in their children. Parents will also learn how to overcome and correct unproductive habits that limit their child's performance. From developing a series of ideas for empowering children toward self-responsibility and awareness, parents will get the information needed to activate their child's potential for maximum success. Parents will learn how self-esteem manifests in children, how children with healthy and low self-esteem communicate, and how healthy and low self-esteem characteristics affect parenting skills. *Building Your Child's Self-Esteem* provides guidance to help parents manifest and produce healthy, confident, courageous children.

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