

14 WAYS TO GROW YOUR DAUGHTER'S SELF-ESTEEM CHECKLIST

- Have confidence in yourself (She is watching you).
- Choose your words wisely.
- Tell her you believe in her.
- Peruse her interests alongside her.
- Empathize with her struggles and insecurities.
- Avoid negative self-talk (She will mirror your words).
- Encourage her to express her feelings.
- Take interest in her academics.
- Give her special jobs around the house to help her feel valuable.
- Let her have a voice in making decisions.
- Encourage her to take physical risks.
- Let her know you love her for who she is.
- Make regular time to listen to her.
- Take pride in your appearance.