

## Some Useful Contact Numbers:

Parentline:  
0808 800 2222

Exploring Parenthood:  
0208 960 1678

Parent Network:  
0207 485 8535

NSPCC Child Protection Helpline:  
0800 800500

Gingerbread (single parents):  
0207 240 0953

Domestic Violence Women's Aid:  
0117 963 3542



Hampshire  
County Council



**Behaviour Support Team**

*Working together to support children in school*

**How to make your child  
feel good**

**Raising Self-Esteem**



## How to make your child feel **GOOD**

- Notice improvements in your child - however small!



- Ask your child to help you sometimes - make them feel important
- Thank them for helping you
- Tell your child you have enjoyed being with them

- Praise your child in front of other people



- Make time to listen to your child
- Include your child in decision making (but remember their age)
- Own up to your own mistakes - say sorry if necessary



- Compliment your child on their appearance/behaviour
- Help your child to think about ways to cope with difficult situations - show you care



- Occasionally do something to make child feel special - bake a cake, prepare a special meal, let them choose a favourite comic