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

By Yvonne Brooks



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

By Yvonne Brooks

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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*By 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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#### **About the Author**

Yvonne Brooks is considered one of the nation's top parenting coaches. As the author of more than fifteen books, her family improvement ideas have impacted many lives. She founded the Brooks & Brooks Foundation, the largest family empowerment resource in the world. Brooks lives with her family in California.

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