



Tips for Encouraging Self-Esteem in Teens with Disabilities

1. Help them develop a positive body image. Peers, media, and societal preconceptions can make it difficult to build self-confidence.
2. As a teen caregiver create a positive environment and promote interactions that build up that person's self-esteem.
3. Start generating positive interactions at a young age to create a positive foundation to build on.
4. Take every opportunity to show your teen how much they are loved and valued.
5. Focus on the abilities and the things your teen is able to do. Don't focus on what he/she cannot do.
6. Think about your own feelings of self-worth and cultivate a positive self-image, as positive feelings about yourself are important in being able to help others.
7. Create opportunities for your teen to be successful.
8. Do fun things that create positive memories for your teenager.
9. Seek out people who help your teen feel good about themselves and encourage interaction. Avoid people who are not a positive influence for your teen.
10. Avoid blaming someone else and instead, with your teen, seek a solution if something goes wrong.
11. Talk about and encourage your teen to celebrate the positives in his/her life. This helps a teen's world view to be more positive.
12. Encourage interaction with your teen and allow them to express their feelings without judgement.



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