10 Positive Affirmations
to help build your child's self-esteem

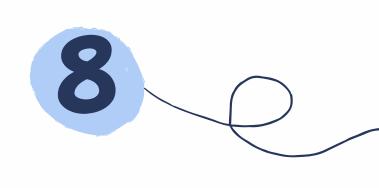CREATED BY JESSICA SZKLUT, MS OTR/L

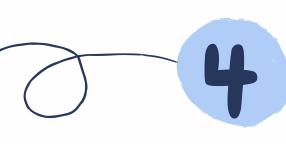**1** "YOU are such a hard worker"

2 "That is a great question"

3 "I am so proud of YOU"

4 You showed a lot of courage when _____

5 "YOU are enough"

6 "Practice makes you better"

7 "YOU did it"

8 "I love _____ quality about YOU"

9 "It is okay to make mistakes"

10 "Great thinking!"

South Shore THERAPIES