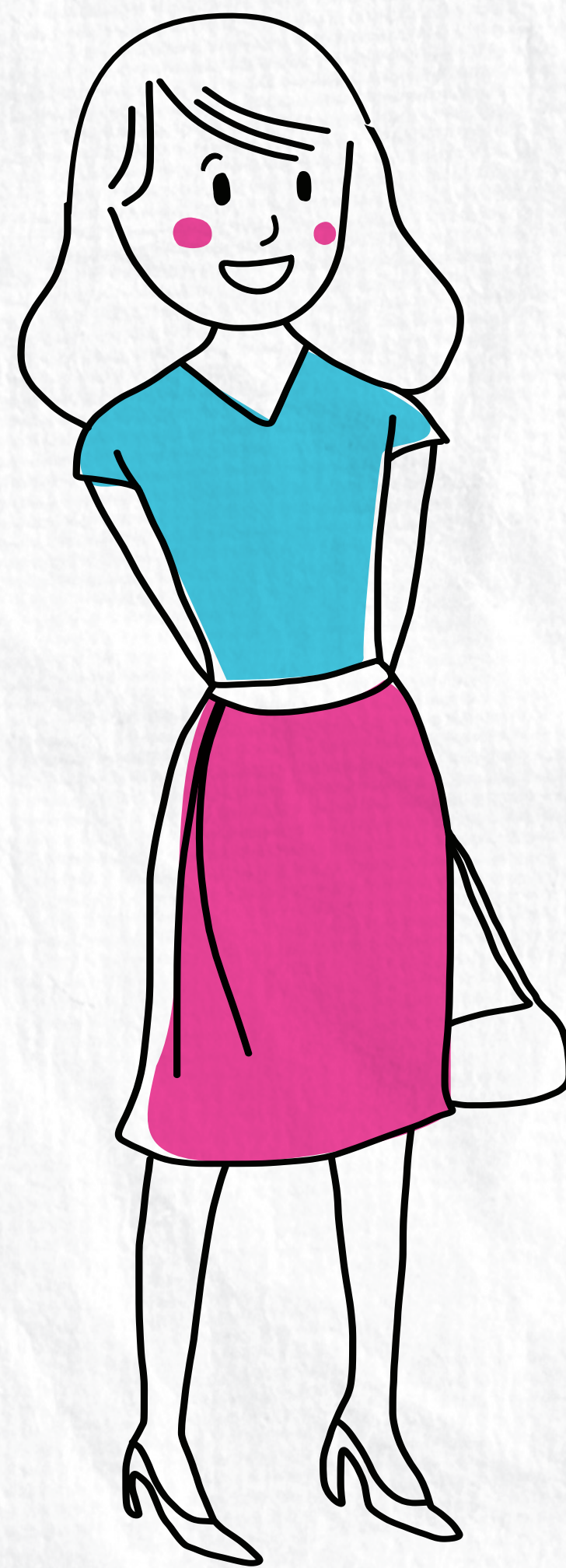


SELF-LOVE & YOUNG KIDS

Self-love means appreciating yourself and treating yourself with kindness and understanding. Self-love means accepting yourself for who you are.

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It's important for kids to practice self-love because the way they perceive themselves plays a big role in their relationships, their resilience, and in how they approach learning.



Values like self-esteem and self-confidence are a part of self-love, and these affect kids throughout their lives. Kids who trust and feel good about themselves:

- Have confidence to explore and try new things
- Try their best and keep trying if they fail at first
- Do things independently and exercise choice
- Are more likely to engage in relationships with peers

Teach your kids about self-love early on! You can start by modeling self-love behaviors in yourself:

- Speak kindly about yourself - avoid using negative phrases
- Use affirmations like "I can do this" and "It's OK to make mistakes"
- Move and stretch your body
- Eat food that is good for your body and food that makes you feel good
- Maintain healthy relationships