

Parent Tip #32

Self Image

- Nurture a positive view of yourself.
- Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
- Play games with your children where they can see that they are problem solvers.

Dr. Eric Nach, Ph.D., M.Ed., A.S.D. Cert. Developmental and Behavioral Specialist and Associates
5458 Town Center Rd, #7, Boca Raton, FL 33486, 561-990-7305(Boca office) 561-465-3564(Fax)
Info@SupportForStudentsGrowthCenter.com www.SupportForStudentsGrowthCenter.com

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