

Helping Your Child to Be Healthy & Safe

PARENTING GUIDE



**Healthy[®]
Lifestyle
Choices**

Helping kids make the most out of life

www.HLOnline.org

We can't be with our children every moment of every day. Now, more than ever, the outside influences on children's lives are tremendous. From peer pressure to television, music, the Internet and social media, our children live in a dynamic information society that shapes their attitudes, knowledge and emotions.

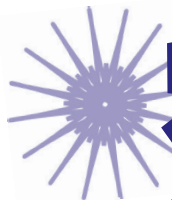
It is easy to feel challenged as a parent, but the fact is you are still the most important and constant influence in your child's life. We believe this guide contains useful parenting tips to help children make positive, healthy choices.

About Us

Healthy Lifestyle Choices (HLC) is a nonprofit organization working to give children the knowledge and skills they need to reduce risk behaviors, including violence, substance abuse, accidental injury, poor nutrition and lack of regular physical activity. The HLC Program includes a behavioral-health curriculum in grades Pre-K to 8, a curriculum for after-school and/or summer camp programs, webisodes and many other resources.

For more information about Healthy Lifestyle Choices, visit our website at www.HLCOnline.org or call 504.299.1966.





Building and Maintaining Your Child's Positive Self-Image

Self-image is the mental picture that one has of oneself, and it can be positive or negative. This very personal perception is shaped by your child's expectations, experiences and relationships. Because of this, there is much you can do to positively influence your child's self-image. Self-image is important because it will affect how your child feels and how they respond to things that happen in their life.

In fact, you could say a good self-image starts at home. Help your child focus on things they are good at and that they like about themselves. As a family, emphasize the things about your family that are unique and special. Other things important in maintaining a positive self-image include:

- **A sense of belonging**—Your child needs to feel accepted and loved by others and this starts in the home. This support should continue in school, sports teams and community settings. It is important for all children to feel accepted.
- **Self-discipline and self-control**—Set expectations for your child and give them opportunities to act and experience consequences of their actions. Children need to test themselves, reflect and develop problem-solving skills to learn to make good choices.
- **Encouragement, support and rewards**—When children achieve, they need positive feedback and recognition to reinforce positive decision making. Encourage your child to set goals, then motivate and encourage them. Give positive feedback often to connect positive behaviors and activities to achievement.
- **It is okay to make mistakes**—Help your child understand that everyone makes mistakes and that this is a part of life-long learning. Show your child how to benefit from their mistakes. Be supportive, but give constructive feedback.



**Healthy[®]
Lifestyle
Choices**

Helping kids make the most out of life