



13 Ways to Boost Your Daughter's Self-Esteem



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In a culture saturated with digitally altered images of impossibly thin women, raising girls with high self-esteem can be daunting indeed. But as parents, you have great influence—both by what you say and what you do. Here's some advice from experts Catherine Steiner-Adair, EdD, a clinical psychologist, school consultant and creator of the “Full of Ourselves,” a social-emotional program for girls, Anea Bogue, MA, author (*9 Ways We Are Screwing Up Our Girls and How We Can Stop*), and the creator of REALgirl, an empowerment program for girls, and Mary Rooney, PhD, a clinical psychologist who specializes in adolescents.



The Child Mind Institute is an independent nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. They work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most.

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