

## Set a positive example

Let them try new skills and activities

Encourage them to follow their hobbies and passion

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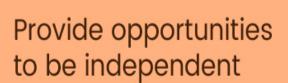
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Talk about the challenges they face

Help them determine their strengths and weaknesses

Talk about their weaknesses and strategies to overcome

Avoid comparisons with others





Source: https://www.momjunction.com/articles/teach-self-awareness-to-your-child\_00359060/