

Parenting an extroverted child can be a unique challenge. Many parents may feel uncertain in how to go about creating a strong sense of self-esteem for their outgoing and social child.

As parents it is important to remember that every child is different and that what works for one may not work for another.

SELF-ESTEEM SHOULD BE BUILT ON STRENGTHS FOR EACH INDIVIDUAL CHILD.

Here are some tips that parents can use to help their extroverted children develop strong self-esteem

1

First and foremost, it is important to provide your extroverted child with positive reinforcement. Children need to feel supported for who they are and what they do. Acknowledge and reward the natural strengths and talents that your child has such as their creativity, their outgoing nature, and their ability to form relationships with others.



2

It's also important to make sure your child has activities or interests in which they can thrive. This could include sports, clubs, activities or courses which can help them develop skills and meet people. For extroverted children, it is beneficial for them to have a space in which they can safely express themselves.

3

Helping those in need often has a positive impact on a child's self-esteem. Encouraging an extroverted child to volunteer is beneficial both for them as well as for those in the community.

4

It is important for parents of extroverted children to be mindful of how criticism is handled. Negative feedback can be particularly damaging for the self-esteem of extroverts. Instead of focusing on goals that may come easily to them, provide them with achievable goals that will allow for growth.

In summary, providing positive reinforcement, helping your child find activities they can thrive in, creating opportunities for volunteer work, and being thoughtful about how criticism is handled are all important aspects of helping your extroverted child develop strong self-esteem.

