

Tips for Promoting Positive Self- Concept:

- Mention the positive attributes of your child
- Be generous (but accurate) with your praise
 - Use descriptive praise (“You shared your ball on the playground very well” as opposed to “you’re a nice friend”).
- Model positive self statements about yourself
- Teach your child to make positive (but accurate) self statements
- Avoid criticism in the form of ridicule or shame
- Model problem solving and recognize good decisions
- Discipline appropriately
- Teach and reinforce assertiveness(as opposed to passivity or aggression)
- Do not blame youth for how you feel (this reinforces that we are all in control of our own feelings)
- Encourage social interactions, including initiation of social interactions
- Emphasize competence in many areas (sports, theater, clubs, volunteer activities, academics, socially, etc)
- Normalize adversity and reinforce resilience

Prevention of Coping Difficulties in Youth with Facial Differences:

- Pay attention to how you (and other important adults) handle social situations from birth
- Encourage healthy/positive social interactions from birth
- Value and honor history
- Label and provide developmentally appropriate information
- Role play answering questions, especially before transitions
- Talk regularly about the events of the day, good and bad (this will create an environment where it is okay to talk about everything)
- If your child reports teasing, work with them to better understand what happened AND how to respond (both how they can respond and what adults should do to address the situation)