

The top 2 ways to help your child embrace self-acceptance



“Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.”

— Brené Brown

Teach vulnerability as power

Teach your child that being vulnerable takes strength and courage, not weakness. Authentic relationships and true self-acceptance start with the ability to be vulnerable.

Accept and be kind to yourself

Listen to what you say about yourself in front of your child. The things that you judge yourself for will become the things your child can now imagine being judged for and what they will in turn struggle to accept. For example, it's difficult to convince a child who has watched you criticize yourself about your body image to believe that they are beautiful just the way they are. Imagine when you speak about yourself that you are actually speaking to your child. Treat yourself with the same amount of kindness.