

# MASK<sup>®</sup>+

MOTHERS AWARENESS ON SCHOOL-AGE KIDS



**B**

**E A POSITIVE ROLE MODEL.** If you're excessively harsh on yourself, pessimistic, or unrealistic about your abilities and limitations, your kids might eventually mirror you. Nurture your own self-esteem and they'll have a great role model.

**U**

**NIQUE.** Everyone is different and everyone is unique.

**C**

**REATE A SAFE & LOVING HOME.** Kids who don't feel safe or who are abused at home are at the greatest risk for developing poor self-esteem.

**K**

**NOCKS** shouldn't knock them down.

**E**

**XPOSE** them to many healthy outlets: sports, music, art, volunteering.

**T**

**AKE ACTION.** Words are powerful - use them to your advantage.