

Self Esteem in Children

Welcome

- Why is important to develop high self esteem in children
- How teachers and parents can give messages to children that boost self esteem
- Practical things that can help children and families

Why are we focusing on self esteem?

- Self esteem is important as it increases resilience and bounce-ability for bumps in the road



- If we feel good about ourselves we are less likely to feel overwhelmed.
- More likely to ask for help when we need it.



Self-esteem is the result of experiences that help a child feel capable, effective, and accepted.

Children with higher self esteem make friends more easily and find social situation easier.

The difference self esteem can make

- feel valued and accepted
- feel confident that they can do what's expected
- feel proud of a job well done
- think good things about themselves
- feel prepared for everyday challenges
- feel self-critical and are hard on themselves
- feel insecure, or not as good as other kids
- focus on the times they fail rather than the times they succeed
- lack confidence
- doubt their ability to do well at things

What can we do to promote high self esteem in children?



Give children choices.

Children learn to make good decisions by having a chance to make and participate in decisions, not just by following what parents tell them is the right thing to do.



Avoid doing too much for your child.

When we do everything for our children, we inadvertently teach them that they are not capable of doing things for themselves.

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Let then know no one is perfect.



- Use purposeful and targeted praise. And praise effort and persistence (rather than achievement) links with growth mindset.

10 Growth Mindset Praises for Teachers to Give Students



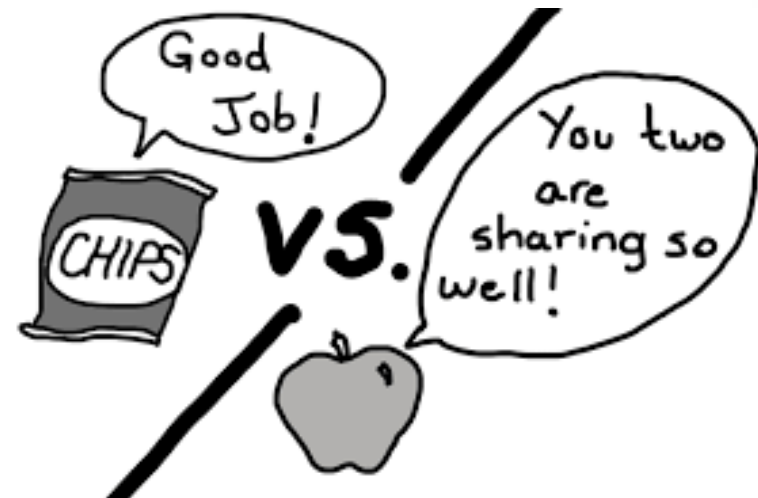
The Golden Rule for Praise:

Praise Effort or Process **NOT** Ability or Trait

Instead of saying "You are so smart", try saying:

- "I'm proud of you for giving it your best effort!"
- "I'm happy you figured that out for yourself!"
- "You never gave up, even when it was hard."
- "You have such a positive attitude!"
- "What a creative solution to that problem!"
- "Your hard work has really paid off!"
- "You showed great persistence, reaching your goal!"
- "I like the way you tried different strategies to figure that out!"
- "I admire you for trying so hard!"
- "You are not afraid of a challenge. I like that!"

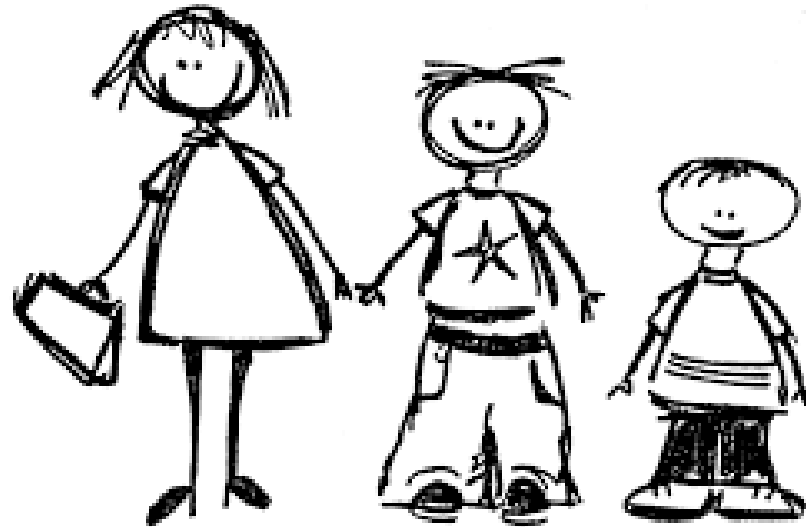
@sybilinduckworth



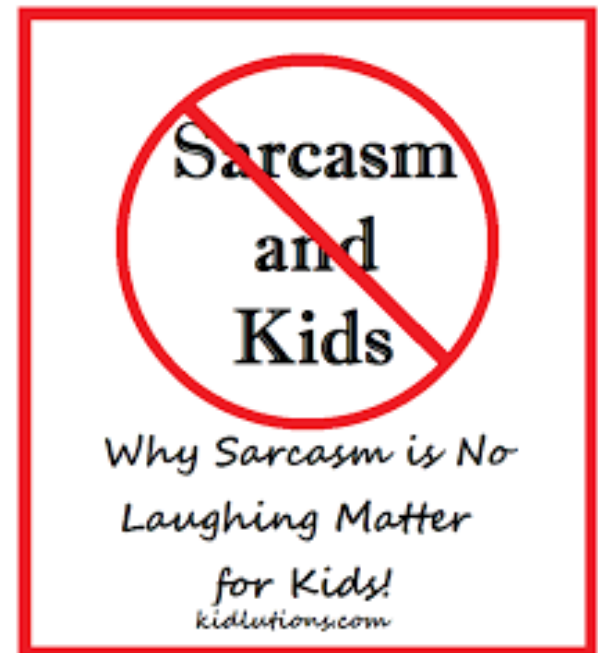
Give children responsibility.



Avoid drawing comparisons
between your children.



Avoid putting your child down
and the use of sarcasm to make a
point.



Spend one-on-one time with your child.



Resources/ Things to Help:

- Communication
- ('Great Big Book of Feelings' *by Mary Hoffman*)
- Social activities
- Parenting programmes
- 'Teenie Weenie in a Too Big World' *by Margo Sunderland*
- HSLW can work with you to create activities that can help with your individual child