



Self Esteem

What is self-esteem?

Self-esteem is the opinion which your child will have about themselves, including the confidence in their own worth and abilities. A child with a healthy self-esteem is able to think positively about themselves as well as about life in general and usually, these children display a greater level of resilience (the ability to cope with challenges in life and the ability to recover from difficulties). A child with low self-esteem however may struggle to take on challenges and can appear less resilient with a negative approach to life.

How can we develop self-esteem?

Discuss all of the things that your child is good at. You can write a list or draw pictures of all of these things to make a poster.

Talk about words with your child which describe their character, such as: kind, friendly, sporty, artistic, responsible etc. Encourage your child to say sentences such as "I'm going to be kind today because..." The more they hear positive words, the more they will believe them.

Help your child to set small, achievable goals such as riding a bike, tying their shoe laces or making a sandwich. Your child will have a sense of achievement which will make them feel proud.

Have a jar or box in which your child can add slips of paper with statements such as "I can draw a star" or "I can set the table." Your child will be able to visibly see the positives and can continue to add to the jar or box. You can then discuss these achievements.