

PARENT INFORMATION SHEET

Self Esteem

'You are the mirror that reflects the self worth of every child.'

Heather Lawrence

In order to learn, we all need to have the confidence to explore the world we live in - its experiences and the friends we could make.

Confidence is a fragile thing. As parents we have a great opportunity to add to its strength in both our own children and the children we come in contact with.

Here are a few tips to help build a child's self esteem and to foster good thinking about themselves:

- 🕒 Notice and comment on the positive things about their day.
- 🕒 Cheer them on when they try new things.
- 🕒 Praise attempts - not perfection. Have realistic expectations.
- 🕒 Provide opportunities for choice.
- 🕒 Point out skills and strengths in them (and others) but never compare.
- 🕒 Provide opportunities for you child to help and contribute meaningfully.
- 🕒 Tell them that they matter.
- 🕒 Be clear about the behaviour you are looking for, for example, 'Please talk respectfully' (and model great examples of this yourself).
- 🕒 Find things you both enjoy to do together. Examples might include cooking, being outdoors and looking after animals.
- 🕒 Love and laugh.
- 🕒 Appreciate who they are and what you have. They are only children for a very short time 😊

Our aim is to everyday make more deposits than withdrawals in our children's self esteem accounts. Every deposit makes a child's life richer and brings balance to life's challenges.