

Self-esteem

According to www.youngminds.org.uk, self esteem is how a person feels about themselves. It is usual for children to have dips in self-esteem as they go through different stages or challenges, and there are different pressures that may affect them including social media, bullying, exams, family problems and abuse. Things like starting a new school, moving house or going through changes in the family can also dramatically affect a child's confidence. Working together with support from parents and other adults can help a child get through this.

Children with low self-esteem often:

- Have a negative image of themselves
- Lack confidence
- Find it hard to make and keep friendships or feel victimised by others
- Feel lonely and isolated
- Tend to avoid new things and find change hard
- Can't deal well with failure
- Tend to put themselves down
- Are not proud of what they achieve and always think they could have done better
- Are constantly comparing themselves to peers in a negative way

How can you help?

- Show your child lots of love and be positive about them as a person & tell them what makes them special to you
- Let them know you value effort rather than perfection. Children can miss out on lots if they don't try because they are too worried about not 'succeeding'. Reassure them it is okay to make mistakes and that it is all part of life. Let them know that getting it wrong is not the end of the world. It happens to everyone and it is how we learn. Own your own mistakes and talk about how you have learnt from them in casual conversation.
- Encourage them to try new challenges, make plans for things they would like to accomplish and celebrate them for it. Use phrase like 'Well done, that was hard and you managed it' are good.

- *Let them know that it is okay when people disagree and we all see things differently*
- *Try to model being kind to yourself when things do not go the way you wanted them to - and show them that you can have a positive attitude when faced with challenges*
- *You could ask them to tell you about three good things that went well during their day*
- *Acknowledge their feelings and help them to express them in words e.g. 'I'm upset because...' or 'I feel happy when...'*
- *When they criticise themselves or their abilities, gently challenge them by letting them know how you see them*
- *Help them to discover themselves and their talents e.g. join a club, group or activity or express themselves creatively.*
- *Spend quality time together doing things THEY ENJOY! [Here are some ideas.](#)*

Over the next week, try some of these strategies and note the impact. Share these with other parents so that they can support their children too. Remembering, that we are all..



working together to keep our children safe and happy.