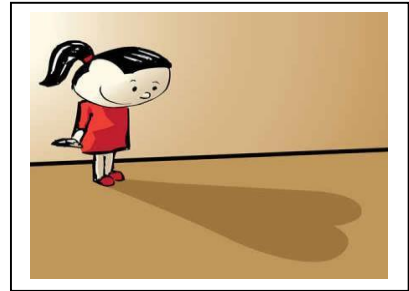


Parent Information Sheet

Help Your Child Develop Greater Self-Esteem

Self-esteem is the opinion we have about ourselves. It is what enables us to believe that we are capable of doing our best and deserve to lead a fulfilling life.

When we have healthy self-esteem, we tend to feel positive about ourselves and about life in general. It makes us better able to deal with life's ups and downs. When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take on the challenges that life throws at us.



How PARENTS can develop greater self-esteem:

- Celebrate your child's individuality and talents whatever they are and let them know they are unique. Look at ways in which they could further explore these. For instance, are there local classes they can attend to develop their talents further?
- Sit down and talk to them about appreciating and valuing themselves and how this translates into self-respect and caring for themselves and others
- Advise them on eating healthily and exercising regularly
- Teach them to make decisions for themselves, rather than following their peers
- Help your child set realistic and attainable goals
- Focus on their strengths and not their weaknesses
- Remember that your child cares about your opinion so try not to withhold affection; a consoling cuddle can do as much to encourage a child to do better next time as a 'well-done' hug can be seen as part of their reward when they've succeeded

How CHILDREN can be helped to develop their own self-esteem

- Find out what your child really enjoys and find interesting; it could be music, maths, sport, art or a hobby. Whatever it is, let your child know they can speak to you or a teacher about it - you may find there are opportunities for them to further explore these topics
- Ask your child to write a list of all the things they think are unique about themselves and to refer to the list to motivate them to do their best
- Let your child know they don't have to be perfect at something to enjoy it and get a sense of achievement from it. Struggling and succeeding to be better than they ever thought they could be, is a real reason to be proud of themselves
- Advise your child not to avoid new challenges for fear of failure; let them know that everyone fails from time to time. Teach your child to be their own measure of success rather than comparing themselves with someone else. Let your child know how much people appreciate efforts in life as well as the end results those efforts achieve