

Creating happy, resilient families

We hope you have all had a restful Christmas break. Please continue to visit our mental health page, on the school website, to keep up to date throughout Spring term.

In this edition we talk about
developing your child's self
esteem

How To Improve Your Childs Self Esteem



Self-esteem is a crucial aspect of a child's overall well-being; it helps them develop a positive attitude towards themselves and the world around them. As a parent, there are several things you can do to help improve your child's self-esteem.

Firstly, it's essential to give your child plenty of love and attention. Spend quality time with them, talk to them, and show them affection. This will help your child feel loved and valued, which is essential for building self-esteem.

Secondly, encourage your child to try new things and praise them for their efforts, not just their achievements. This will help your child build confidence in themselves and their abilities.

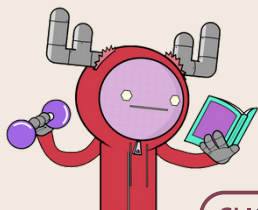
Thirdly, help your child identify their strengths and encourage them to pursue their interests. This will help them feel more confident in their abilities and give them a sense of purpose and direction.

Finally, be a positive role model for your child. Show them how to handle challenges and setbacks with resilience and a positive attitude. This will help your child develop a strong sense of self-worth and a positive outlook on life.

By following these tips, you can help your child develop a healthy sense of self-esteem that will serve them well throughout their lives.



Self Awareness



CLICK HERE



Helpful Websites!



6 Self Care Tips For Parents

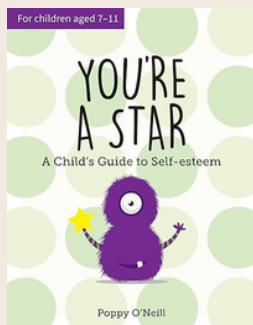


CLICK HERE





Useful Books



You're a Star: A Child's Guide to Self-Esteem



My Happy Mind: Help your child build life-long confidence and resilience

Podcast



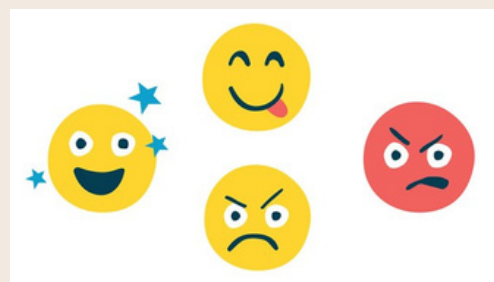
How Do I Build My Kid's Confidence and Self-Esteem?



USEFUL LINKS

BRING OUT THE BEST IN YOU

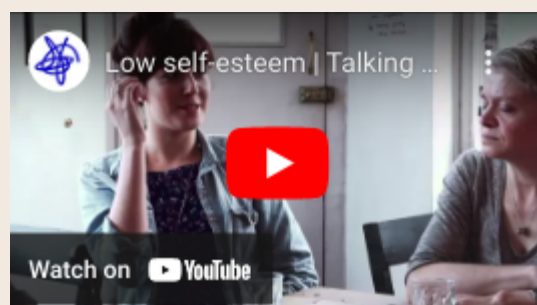
SELF-ESTEEM IS HOW YOU THINK AND FEEL ABOUT YOURSELF. BEING CONFIDENT MEANS BEING COMFORTABLE WITH HOW YOU LOOK AND HOW YOU FEEL. AND IT MEANS FEELING GOOD ABOUT YOURSELF, YOUR ABILITIES AND YOUR THOUGHTS.



Mind

What is self-esteem?

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence.



Written by education advisors with over 30 years experience

