



Remember, many things can knock self-esteem, so if your child seems **worried, sad or lacking in confidence**, find time to talk about it.

Be supportive and reassuring. It may be something at school or at home.

For more information...

Websites & organisations

Family Lives 0808 800 2222 www.familylives.org.uk
Local, national and online parenting support and advice.

Young Minds 0808 802 5544 www.youngminds.org.uk
Supporting parents to help children during difficult times.

Aha! Parenting www.ahaparenting.com
Online parenting advice and support.

BBC Get Inspired www.bbc.co.uk/sport/get-inspired
Online activity finder and practical guides for getting involved in sport.

Dove Self Esteem Project www.dove.com/uk/dove-self-esteem-project.html
Resources to help raise young people's self esteem

Books

The Incredible Years Caroline Webster Stratton (Webster Stratton 2006)

Raising and Praising Boys & Raising and Praising Girls
Elizabeth Hartley-Brewer (Vermillion 2005)

For more information and support you could try taking to your child's school teacher, school nurse or GP.



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Tips for parents and carers of 3-11 year olds



Self Esteem

Helping your child to feel good about themselves

Positive self-esteem is liking yourself, being comfortable about who you are and what you can do, and feeling valued and capable



Self-esteem and confidence are important.

When children **feel good** about themselves, they tend to be **happier, try new things and do better in school**.

They have **more friends**, are better able to cope with any setbacks and have **fewer problems** as teenagers.

Children **thrive** when they feel successful and important and when they're listened to, appreciated and understood.

How you can help

Show you value your child

Enjoy their company, listen and talk together and respect their ideas. Value what they're good at, and what they like to do. Take time to listen to any troubles.

Tell them you love them and how special they are to you. Hug and cuddle them. It's a good way to show your love!



Appreciate and praise them

Children love to be noticed and appreciated. Let them know when you've enjoyed being with them or when they've done well or tried hard. Be specific about what they have done well.



Have fun as a family

Playing games together or going on outings helps children to feel that they belong.



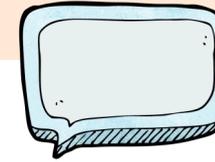
Do more physical activity together

Outdoor play and sports keep children healthy. Doing exercise releases hormones in the body that make you feel happier.

Encourage them to try a range of activities

Find out about and encourage them to join local clubs and activities. Building new skills or interests (like cooking, growing things or sport) will help them to feel good.

Talk to and spend time with your child



Involve them in your day to day jobs. Walk to more places and chat as you go. Ask them what they think.

Eat together often, with no interruptions e.g. phones off!

Try to spend time alone with each of your children if you have more than



Cut down on criticism, shouting and punishment

When children are always told off, they can feel bad about themselves and unloved.

Never say they're stupid if they haven't managed something. Stay calm when they make mistakes. Children are learning so much they can't get everything right first time.

Catch them being good and praise them!

Choices

Let them have some choices, but not too many. Then they will learn how to make decisions.

Keep family life as routine as possible

Consistent routines and stable relationships help children to feel secure and cared for. Talk to them about changes that might affect them.



Show them you believe they can manage

Help them feel trustworthy and responsible. Ask them for their practical help (post a letter, make something to eat, teach you things).

Ask them to do things for themselves (clean teeth, pack schoolbags etc.).

