

SELF-ESTEEM SUPPORT PACK



Having positive self-esteem is one of the most important things for helping us to feel good each day. When we feel good about ourselves we look forward to things and take care of ourselves, as well as have a sense of security in our lives. Different things can happen within our lives at any age that can damage this security. Instead of feeling hopeful and positive for ourselves, we can find ourselves overcome with worry, self-doubt, fear and a lack of self-value.

What we experience as children shapes us into who we become as adults which makes it all the more vital that children who are struggle with their self-esteem and a lack of confidence, are given opportunities now to learn their true worth and to love who they are.

Whilst social media such as Twitter, Tiktok, Facebook, Instagram and Snapchat are a fantastic tool for staying in touch with others and allowing creativity, studies have shown that the use of these is also linked with poor body image, increased feelings of depression and anxiety and loneliness. Social media sites come with an age limit for use in order to try to minimize the effects of these issues on children, but children and young teenagers are still found to frequently have accounts.

Whilst it's nothing new for the media to influence the way that we see ourselves, there are ways to try and promote your child's well-being and protect them from poor self-esteem such as by monitoring their use of the internet, focusing on their strengths and encouraging them to learn new things.

If you have any concerns about your child's self-esteem or self-confidence, please do give the school a ring. Our child and family support worker, Kate is more than happy to talk this through with you and to support your child with their well-being.

We hope this collection of information, ideas and activities will help you in boosting your child's self-esteem.

THE WORDS WE USE

How we speak about ourselves and how we encourage children to speak about themselves, has a bigger influence than we realise. Help your child to recognise their self-worth by sharing these positive statements, as well as by suggesting positive thoughts that they can swap for their negative ones.

BUILDING *Confidence* IN CHILDREN

- You have such a gentle heart
- I'm so proud of who you are
- You will always be my hero
- I will always be there for you
- I love your creativity
- I'm so proud to call you my child
- You were born to do great things
- You're such a quick learner
- Live to be better every day
- You have the best manners
- All your problems have solutions
- You make a great leader
- You are so amazing
- You make me smile
- Thanks for working so hard
- You are such a great kid

healthy

Self-Talk



THIS

NOT THAT

✓ Whoops. I made a mistake.

✗ I'm so dumb.

✓ I like me.

✗ No one likes me.

✓ I did something bad.

✗ I'm a bad person.

✓ This is really hard, but I'm going to keep trying.

✗ I give up. I'll never be able to do this.

✓ I haven't figured it out...yet.

✗ I never get anything right.

✓ I am enough. And worthy, too.

✗ I'm not good enough.

HOW TO Build Your Child's Self-Esteem

By the Kids in Transition to School (KITS) Program



Use praise

that is specific, sincere & based on efforts (vs outcomes)



Let your child make her **own decisions** when possible



Let your child take **reasonable risks** to build self-confidence



teach your child **positive self-talk**



help your child to **learn from mistakes** and problem solve



give your child **responsibilities** to show him what he can do



let your child **take pride in accomplishments**



be a positive self-esteem **role model**



with positive self esteem your child will have more ...

confidence

willingness to try new things

perseverance in the face of challenges



ACTIVITIES TO BUILD SELF-CONFIDENCE

Try encouraging your child to fill a jar with positive things about themselves. What makes them who they are? Are they are good friend? Kind? Thoughtful? Loving? Funny? Creative? Encourage them to pull a card out of the jar whenever they might be struggling with their self-confidence.



5 THINGS THAT I LIKE ABOUT MYSELF...

1) _____

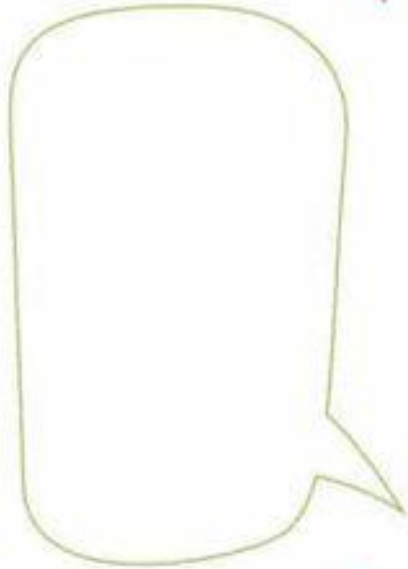
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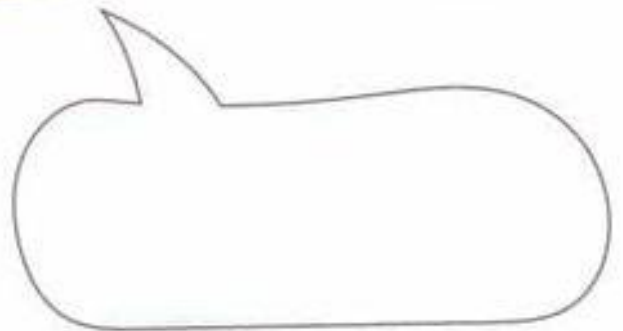
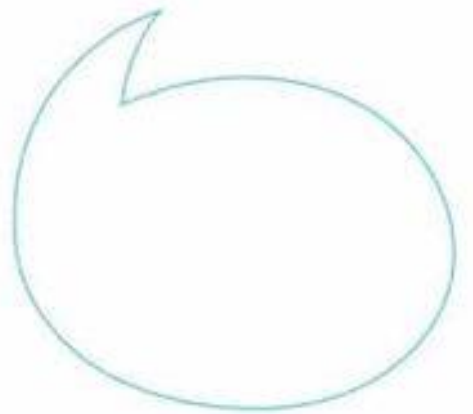
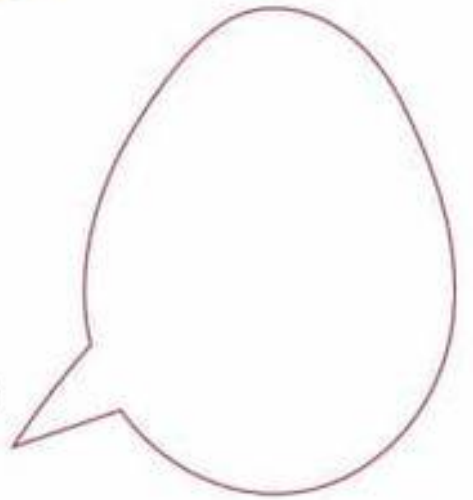
4) _____

5) _____





I am
awesome
because



Printable **LUNCHBOX** AFFIRMATIONS

