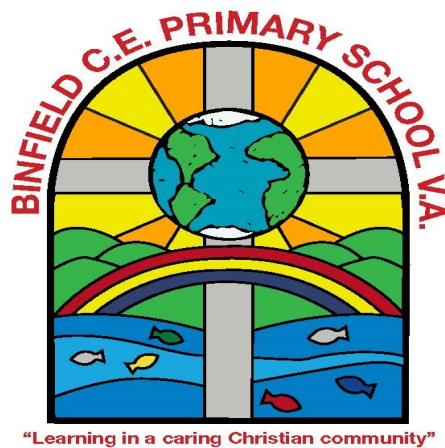


Everybody Needs:

- Unconditional love
- Feeling special
- Structure
- Understanding
- Healthy Modelling
- Challenge
- A sense of belonging

The well-being and self-esteem of children is key to their ability to achieve within school, both academically and socially.

This leaflet outlines some concerns and strategies that parents may find useful when supporting both the children and the school in wanting the best for all pupils.



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Emotional Well-Being and Self-Esteem



Emotional Well-being and Self-esteem

A healthy self-esteem enables children to be resilient against the challenges within the world. Our self esteem is the internal view and beliefs that we have about ourselves, our abilities and attributes. This leaflet outlines some of the challenges that you may face in developing your child's positive self esteem.

Why is self-esteem important?

A child with healthy self-esteem:

- Likes themselves, faults and all.
- Is aware of others' needs and feelings.
- Knows that they can succeed and strive to do so.
- Realises their own potential.

When a child has a low self-esteem their perspective about themselves can spiral downward. This can be exhibited through the following behaviours / mindsets:

- Look at all the bad things about themselves.
- Are self centered - cannot appear to think about anyone else.
- Lacks confidence, almost expects everything to fail.
- Anxiety - lack of confidence and negative thoughts about themselves means that your child may appear anxious about a range of situations/places.

HOW TO SUPPORT YOUR CHILD

Be careful what you say

When supporting your child, praise for the effort your child puts into social and academic endeavours, try not to focus on the end result. Give positive feedback whilst being truthful. Like teachers, at times you will have to think carefully before you speak to consider the effect your words could have upon your child.

Be a positive role model

As a role model for your child, you also need to be positive about yourself modeling, as modeling your own self-belief will impact positively on your child. In addition, controlling any anxieties you may have will ensure that your child does not pick up on these. Talking about mistakes you have made, but have learnt from, also provides the child with an example of success, even when challenges or mistakes appear to be in the way.

Boundaries

Try and set freedom within limits for your child. All children thrive when they have clear, consistent boundaries. Even when they appear anxious within the home, remaining consistent is key to reassuring the child of where they stand and how they can achieve praise from yourself. Additional strategies include having house rules and routines, using consequences consistently and working together within the family.

THE VALUE OF SPECIAL ATTENTION

Children thrive when they have a little extra attention from the adults that are key within their lives. This further develops positive self-esteem and time spent with you lessens their anxieties as you are on hand to talk with them about a range of topics. Activities and tasks provide a good deflection from addressing any issues head on, and children can open up more when they have your undivided attention.

Ideas for play and special attention

- Have meals together if you do not already do so.
- Do household jobs together
- Spend leisure time together
- Plan family events and occasions
- Play games as a family
- Help your child with their homework
- Talk about the day openly—try to use open questions rather than questions that encourage a negative viewpoint.
- **Have fun together** - find free stuff to do together as a family.