

WITH ME IN MIND

Self-esteem



Top tips for improving your child's self-esteem

- Talk to your child about their positive experiences and how they feel about them. This will help to improve self-esteem.
- Challenge any negative thoughts/view points. Ask where this thought has come from and would other people believe what they do.
- Encouraging connections with other people; positive relationships with other people builds self worth and sense of belonging which improves self-esteem and well-being.
- Encourage activity; this increases confidence both physically and mentally.
- Encourage attention in the moment; paying attention to the here and now means children/young people value what is happening which can improve self-esteem and well-being.
- Encourage giving; small acts of kindness can have a positive impact on emotional health and well-being which can create positive feelings.
- Encourage self-appreciation; talk to your child about their positive qualities. Every child is unique and they have different strengths. Try to discourage your child comparing themselves to others.