

## The Dos:

**Keep up conversation** with your child while you go about your daily routine. Even as infants, keep talking to your baby to let them know you are there. Share your interests of your child.

**Regularly tell your child** that you love them and let them know you accept them just the way they are.

**Spend time with your children** and do activities that they like to do. Involve yourself in the things that they are interested in.

**Show respect** to your child's opinions by listening to them when they talk to you. Consider their views and opinions seriously, even if you do not agree with them, let your child know and appreciate you listening to them.

**Encourage the friendships** your child has made. Always welcome their friends into the house and make an effort to know who they are.

**Take an interest** in your child's school and schoolwork. Help them out with issues they are having without taking over.

If there are any **interests or hobbies** that your child seems to have, help them to explore further.

**Have faith in your child by** showing them that you trust them and their problem solving abilities. Show them that they can resolve issues on their own but they can also come to you if there is something that scares them.

**When a child has low self-esteem, it isn't the end of the world** (although it may feel that way). It's actually an opportunity for all of us around the child to help them before these negative thinking patterns become hardwired.

**An awareness of what causes it is the first step. The next is looking at what everyone around the child can do to support and start to change certain behaviours so that their outlook is more positive and they feel more confident in themselves.**

## SELF ESTEEM

**What self esteem is and what we can do if children are suffering low self esteem and low confidence**



We will always seek to work alongside parents to ensure the best outcomes for our pupils and families. If you have any concerns or questions at any time, please contact us.

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## What is Self Esteem?

Self-esteem is generally defined as the way you view yourself. It is the value you assign yourself and the way you view your worth to society. Self esteem does have a big impact on how we interact with other people, on our relationships, on our school and work life and how much we trust people around us. It shapes the way we live and the overall happiness and satisfaction that we experience.

### Low self esteem

With too low esteem, you do not consider your opinions or ideas as important or valuable. When you have a low view of yourself, you can feel defeated or that you are not good enough, hesitate to try new things or make new friends.

### Healthy self esteem

Having healthy self esteem makes you feel good about yourself and confident in your abilities. You feel that you are a valuable part of society and you can take charge of your life choices.

## High self esteem

Having too much self esteem can lead to you feeling self entitled, you fail to learn from your mistakes because you don't think you can make mistakes.

**As you can see... with self esteem it is important to strike a balance; to maintain a level that is stable and healthy.**

Improving self esteem can be quite difficult—but not impossible—it is a build up of behaviours that have been formed over time. Transforming these ingrained behaviours is hard, but one easy way to break out of low self esteem is through affirmations. Affirmations are simple positive thoughts that an individual can have about themselves as a way of encouragement. They can start out small, and by repeating them daily, the individual can incorporate these positive thoughts into their feelings and behaviours.



## What can we as parents do?

No parent wants to see their child suffering from low self esteem and confidence issues. There are certain factors that need to be present in order for a child to have healthy self esteem. These are like the building blocks to a healthy self esteem.

**A sense of security:** A child needs to feel safe and secure about who they are and about their future.

**A sense of belonging:** it is very important for a child to feel accepted and loved by the people around them.

**A sense of purpose:** A child needs to have set goals and a sense of direction that they want to go in.

**A sense of personal competence:** a child needs to feel confident that they have the ability to face challenges in their life.

**A sense of responsibility:** children need to be given a chance to show their capabilities, to do tasks on their own, with no supervision, so they develop trust in their own capabilities.

