

Helping the child develop self- confidence & Self-Esteem

Believe in yourself as a parent

The parent is the child's first and most significant teacher.

Children learn important information about themselves from their parents.

Children's behavior and belief in themselves is strongly influenced by their parents' reactions.

When their parents have confidence in them, children gain self-confidence.

Children who feel good about themselves generally feel good about others and are easy to be with.

They are interested in learning new skills and are better able to handle the challenges of life.

Self-Esteem is about liking yourself and who you are. Believing in yourself. Feeling good inside and secure about who you are, value personal uniqueness

For the children and young people: Self-esteem starts from – knowing they are loved, spending quality time with their families & being encouraged to try things.

Self-confidence is all about 'doing' and self-esteem is about 'being' judgement about oneself– but children should have realistic and varying levels of self-confidence, depending on their abilities and skills and careful evaluation of the tasks.

So help your child to unconditionally love and accept themselves (self-esteem) and help them develop the skills to accurately assess their confidence with tasks.

Tips for building self-esteem in children — your kids are Listening: Nine Messages They Need to Hear from You.

1. Step back and let your child take risks, make choices, solve problems and stick with what they start.
2. Over-praising kids does more harm than good. Self-esteem comes from feeling loved and secure, and from developing competence and this takes time and effort – you can't praise them into competence. Confidence comes

from doing, from trying and failing and trying again and again – builds their resilience.

3. Let your kids take healthy risks – let them take chances, make choices and take responsibility for those choices.
4. Let Kids make their own choices – Make appropriate choices. This makes them feel more powerful. They learn to consider consequences.
5. Let them help around the house – in building self-esteem they need opportunities to demonstrate their competence and feel that their contribution is valuable – again self-efficacy which is a key factor in resilience.
6. Encourage them to take on tasks they show interests in. Make sure they follow through to completion – the point is for them to stick with what they start and get the satisfaction of completion at the end. Support them discover their own unique talents and qualities and to value their own strengths.
7. When to do when children struggle or fail. This is part of life and it is an important lesson. It is important that they get the chance to learn how to deal with and manage their own negative emotions. Show them love and affection – validate their feelings. Their self-esteem may be hurt but they will rebuild it again.
8. Let your child know that you love them even when she/he fails or makes bad decisions.
9. Make sure that your child's tasks, activities, goals and aspirations are within reach, **age appropriate and within his ability**. Teach your child to set goals and have pride in their accomplishments. Provide them with opportunities for success. Offer appropriate praise. Make them feel special

Reference

Taylor, Jim (2011). Your Children are Listening: Nine Messages They Need to Hear From You. New York, Ny 10001-6408. www.theexperimentpublishing.com