

TIPS FOR HELPING KIDS WITH POSITIVE SELF-ESTEEM

Why It Matters

Self-esteem is how someone views their abilities and worth. Believing positive things about yourself and your value has many benefits, like:

- Increased ability to learn from mistakes
- Increased ability to cope with challenges
- Increased willingness to try new things
- Better social relationships
- Greater academic success
- Improved mental and physical health

Signs Of Low Self-Esteem

Symptoms of low self-esteem include:

- Fear of trying new things
- Difficulty standing up for yourself
- Being critical of self and others
- Feeling like you don't belong
- Lack of close social relationships
- Feeling inferior to others
- Focusing on the negative side of a situation
- Perfectionism or a fear of failure

How To Help

- Encourage your child to try new things.
- Help your child set and reach goals. Start with small, very attainable goals.
- Give specific, positive feedback.
- Avoid overreacting or shaming your child for mistakes.
- Provide opportunities for your child to explore their interests.
- Give your child small responsibilities.
- If you notice negative thinking, help your child replace the negative thoughts with positive ones.
- Reflect together on your child's past successes and accomplishments.
- Let your child hear you speaking positively about yourself.

Fun Activities

Try these activities with your child, or together as a family.

- Learn or improve a new skill. Examples include cooking, learning a new language, starting a new hobby or sport.
- Together, create trophies or certificates that highlight your strengths and accomplishments. Then, have a ceremony where you present your awards.
- Come up with 2-3 phrases you can say when you feel discouraged. Examples include:
 - Mistakes are how we learn.
 - I can do hard things!
 - I am proud of who I am.