

# Strategies for Self Esteem

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## What is Self Esteem ?

Self esteem is our opinion of ourselves.

- High self esteem is a good opinion of ourselves.
- Low self esteem is a bad opinion of ourselves.



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## Low Self Esteem

- Low self esteem comes from a poor self image.
  - how our children see themselves
  - do they think they are good, reliable, hardworking, honest or friendly people?
  - do they like what they see when they look in the mirror
  - or do they believe others look better and dress better than they?
  - do they think others have a better life?

Low self esteem also depends on other factors like

- Athleticism
- Popularity
- Academics




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## Why does self esteem matter?

- Self esteem is central to everything we do. It affects our behavior and thoughts. It changes how we feel about and value ourselves.
- If we want our children to rise to any challenge they must believe in themselves. Directly impacts the ways our children act everyday.
  - Friendships with other children
  - Success in school
  - Ability to deal with problems
  - Overall confidence




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## Why does self esteem matter?

- All children are starved for positive feedback and approval to fuel their self esteem and self-worth.
- Our children with high self esteem accept “bumps in the road” ...as part of the learning curve.




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## Time Frame

- Self esteem develops throughout our children's life and serves different purposes in different stages.
- Babies develop persistence- and the belief that they can accomplish things through effort- when they learn how to roll over, sit and stand on their own.
- Toddlers develop self esteem as they reach milestones like dressing or using bathroom. This gives them confidence to reach more milestones.
- As children get older relationships with peers and other adults play a role in developing their self esteem.



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## WHAT CAN WE DO?

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## Provide Choices for Your Child

- This will also minimize power struggles.
- These beginning choices help to set the foundation for a feeling of control over one's life.
- Provided choices, provide choices and provided choices!

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## Give Positive Reinforcement

- Many ordinary activities are difficult for our children.
  - Student government - parties
  - Sports teams - parties
  - School involvement - parties
  - Getting ready in the morning
  - Organizing school work

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## Give Positive Reinforcement

- Remember to
  - avoid comments that are judgmental and instead, frame them in more positive terms


Instead of *"Try harder and put in more of an effort."* say, *"We have to figure out better strategies to help you learn."*

Children are less defensive when the problem is cast as strategies that must be changed rather than as something deficient with their motivation.

\*This approach also reinforces problem-solving skills.

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## Help Your Child Feel Special and Appreciated

- Research indicates that one of the main factors that contributes to a child developing hope and becoming resilient is the presence of at least one adult who helps the child to feel special and appreciated;
- Set aside "special times" during the week alone with each one of your children.

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## Have Realistic Expectations and Goals for Your Child

- Realistic expectations provide your child with a sense of control.
- The development of self-control goes hand-in-glove with self-esteem.

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## Highlight Your Child's Strengths

- Highlight BIG and SMALL successes.
- Unfortunately, many youngsters view themselves in a negative way because they tend to remember more of the negative comments than positive ones.
- Find ways of reinforcing and displaying their strengths.



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## Be an Empathetic Parent/Caretaker

- If your child is having difficulty with learning, it is best to be empathetic and say to your child that you know he is having difficulty; then you can cast the difficulty into a problem to be solved and **involve your child** in thinking about possible solutions.



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## Be an Empathetic Parent/Caretaker

- Empathy helps pierce the isolation. Correcting the problem begins with parents demonstrating love and acknowledging the child's painful feelings.



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## Children Need Time

- This is very difficult for many of our children.
- Giving our children time to participate and complete an activity is an investment in his or her self-esteem and overall function.
  - This also has a snowball effect on the child's growth and development: more opportunity, more skills, more self-esteem, greater compliance and motivation, and more opportunities!



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## Empowerment

- Empowering our children tells them "I trust you, I trust your skills."
- This fuels their self-esteem **ten-fold** and makes them feel like an accepted contributor to the family. It also gives them confidence to try new things, and the patience to work through more difficult tasks.



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## WORDS TO LIVE BY...




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**Maybe I can't do this very well.... but that's okay. I can't be great at everything!!**



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**We are all different and that's what makes us all the same.**



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**Thank You**

**Questions and Answers**

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