

Tips for helping build self-esteem

- When things don't go according to plan, talk the situation through and try to stay calm.
- If you feel your child is struggling with the way they look or feel acknowledge their feelings and ensure that your child feels listened to as their feelings will be very real.
- Pick your moment carefully as having a one to one chat might be a little forceful. Try not to make things too intense to begin with.
- Talk about the positive aspects of your child's personality and help them to understand that it isn't always about the way a person looks; it's the person inside that really counts.
- Try not to label, criticise or blame your child, which will give them negative messages which can stick and can have a detrimental impact on their emotional wellbeing later on in life.
- Positive parenting is also vital as it is important that your child knows that you do recognise when they have done well, have made an effort and look good which will help to improve self-esteem in children.
- When your child feels they have failed or have been rejected try to find something good out of the experience to praise them for. This could be the amount of effort they put in, or the dedication they showed to a project.
- Engage with them about changes that they might be able to make in the future and what they have learned from the experience.
- Remember too that as children get older their self-esteem can dip as they hit puberty. They have the additional worry of coping with mood swings and changes within their body that they may not be entirely happy with.

If you think your child is suffering with low self-esteem think about what might have affected your child such as:

- Has there been a recent family trauma?
- Could your child be having problems at school?
- Have you introduced a new partner that your child could be struggling with?

If you continue to be concerned talk to their teacher as it is always helpful to keep communication lines open with the school and they might be able to shed some light on any problems at school.

As a parent, you have a major part to play in ensuring that your children grown up feeling confident, secure and loved. How you deal with failure and upset will undoubtedly reflect on your own children. Children need to understand that failure is part and parcel of life and that it doesn't always go according to plan.

We all make mistakes, no one is perfect so showing your child that you can dust yourself down and start again will set a good example and help them to understand that we can learn from mistakes and move forward.

