

Online Inclusion Forum Decorum

- All mikes will be muted to ensure speakers can be heard
- If you wish to speak raise your hand on your video screen
- Keep focused on Students! We will not discuss individual schools' situations
- We will not discuss individual cases unless you want to, rather over arching challenges or supports
- We can share any resources we talk about



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Session Layout

- Welcome
- You are not alone [Parent Portal](#)
- Strategies for supporting and fostering positive self esteem in my child
- Q&A
- How can we support each other





What is Self Esteem

- Self-esteem is a term in psychology to reflect a person's overall evaluation or appraisal of her or his own worth.
- In other words, it is how we see ourselves. It is a collection of our self-beliefs or feelings.
- Positive Self Esteem is your child's armour against the world

How a child feels about themselves

- Feeling Lovable
- Feeling Capable



Feeling lovable

- Feeling worthwhile
- Praised for things that are intrinsic to their unique person (humour, persistence, creativity, friendliness)
- Praised and supported for who they are not what they can do



Feeling Capable

- Your child feels strong and competent
- Your child takes pride in their abilities (getting ready for bed, cooking dinner, sporting achievements)



Healthy v Unhealthy Self Esteem

Healthy.

- Enjoys interacting with others
- Is comfortable in social settings
- Is comfortable doing things on his/her own
- Faces challenges
- Doesn't belittle him/herself
- Is optimistic
- Is aware of own strengths and weaknesses

Unhealthy.

- Is afraid to try new things
- Speaks negatively about him/herself
- Has a low frustration tolerance
- Gives up easily
- Is easily disappointed in him/herself
- Is pessimistic
- Views setbacks as permanent and devastating



How to build your child's self esteem

- Be a positive role model
- Be loving and supportive
- Be encouraging
- Be a good communicator
- Spend time with them
- Discipline with love
- Help them to set goals
- Allow them to make mistakes

Children take their cues from the adults and peers that are important to them.

Make sure they are getting the right messages.

How to build your child's self esteem

- Create a secure, loving home environment
- Give hugs and show respect
- Acknowledge their feelings
- Watch for signs of outside problems and immediately deal with them
- Give support even if you don't always agree with their choices



Ways to Build Self-Esteem and Confidence

1. Love Your Children for Who They Are

- Encourage small achievements rather than point out their mistakes or failures
- Enhance the qualities they have; don't blame them for lacking others
- Reward effort and completion rather than outcomes





Ways to Build Self-Esteem and Confidence

2. Encourage Your Child's Talents

- Encourage your child to try in order to build his/her confidence
- Set realistic expectations
- Avoid comparisons with others
- Recognize his/her improvement



However, don't expect your child to excel in sports, academics, music, just because you did.

Ways to Build Self-Esteem and Confidence

3. Give Your Children Importance

- **Respect their likes and dislikes**
- **Ask for their opinion**
- **Encourage your child to be part of decision-making, particularly as it concerns him/her**
- **Show interest in their activities**



Ways to Build Self-Esteem and Confidence



4. Give Responsibility

- **Assign chores that your child can accomplish daily**
- **Completing chores gives a sense of self-worth and confidence in his/her abilities**
- **Allows child to make an important contribution to the family**

Kindergarten age appropriate jobs:

Pick up toys	Pack lunch	Choose outfits
Set the table	Make their bed	Unload dishwasher
Help cook a meal	Sort laundry	Wipe tables

Ways to Build Self-Esteem and Confidence

5. Set Rules and Consequences

- **Having rules helps a child feel secure**
- **Helps a child know what is expected of him/her**
- **Helping your child set self-limits builds self-esteem and self-understanding**
- **Be firm and consistent**

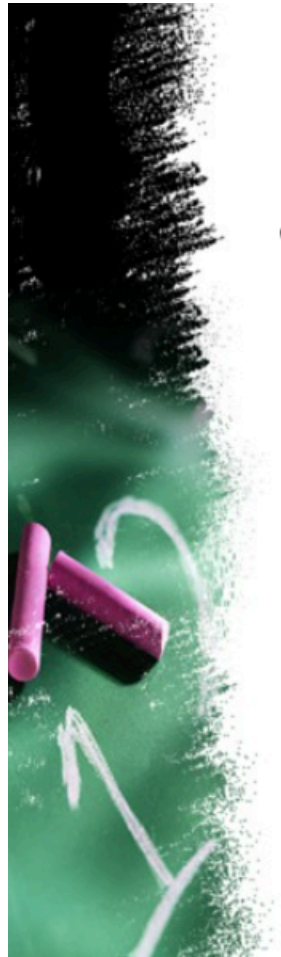


Ways to Build Self-Esteem and Confidence

6. Establish Routines



- Children feel more secure when they have set routines which are predictable
- Routines help children understand what is expected of them and how to reach those expectations



Ways to Build Self-Esteem and Confidence

7. Monitor Your Child's Friendships

- **By 6 years old, peer influence becomes increasingly important**
- **Help your child recognize peers who build-up self-worth rather than tear it down**
- **Help your child develop his/her own value system and recognize peers who share those values**



Ways to Build Self-Esteem and Confidence

8. Allow Children to Express Their Feelings

- Teach/prompt your child to express their feelings through words
- Listen to your child with a closed mouth
- Be available to them and validate their feelings by restating what they've said
- Be aware that listening/validating their feelings can be enough of a response



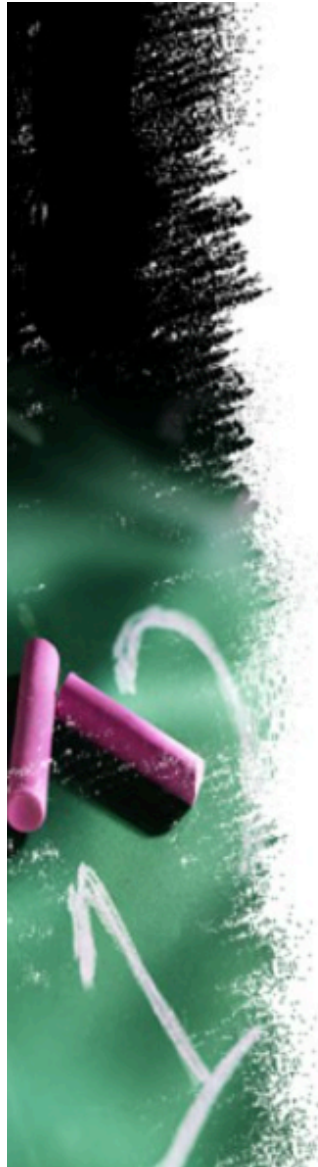
Ways to Build Self-Esteem and Confidence



9. Be A Positive Mirror

- How your child perceives him/herself largely depends upon how you perceive him/her
- Value them for who they are and not just how they perform
- Tell children what they can do instead of what not to do

Be a good role model for self-esteem: avoid putting yourself down, or beating yourself up if you make a mistake; send a message that it's okay not to be perfect



Ways to Build Self-Esteem and Confidence

10. Play with Your Child

- Play time gives the message “you are worth my time” and “you are valuable”
- Child-initiated play increases self-worth (“Mom likes to play the things I do”) and holds his/her attention longer
- Give him/her your undivided attention

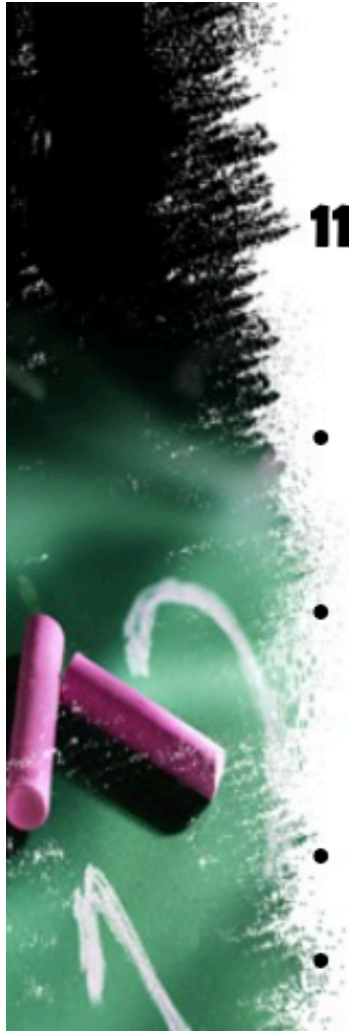


ways to Build Self-Esteem and Confidence

11. Monitor your parenting style

Don't fall into the trap of the permissive parent

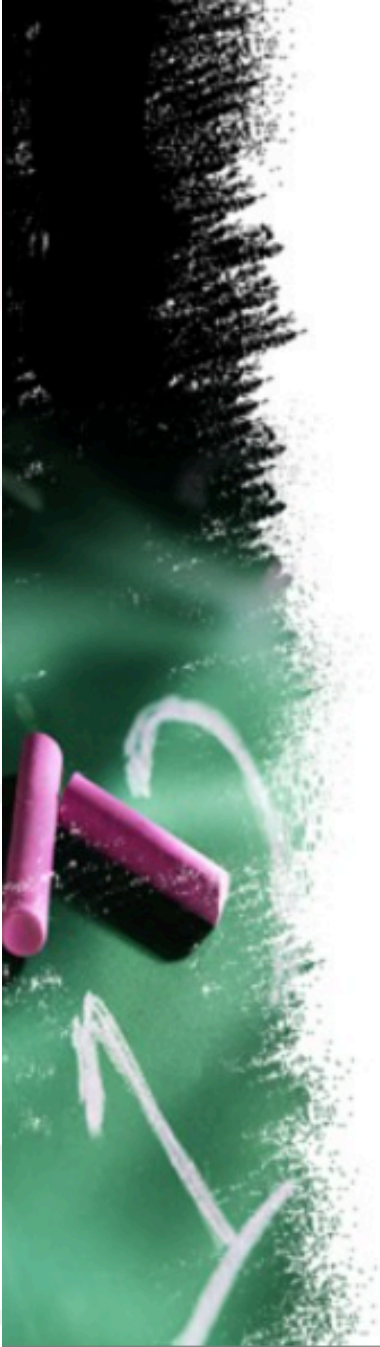
- Help your child understand that s/he can't always get his/her way
- Encourage social competence through give & take, together and separate time (especially important for parents of an only child)
- Avoid exclusive child-centered decision-making
- Show respect for the authority figures in your child's world



Ways to Build Self-Esteem and Confidence

12. Be Spontaneous and Affectionate

- Give hugs and praise frequently
- Surprise them for no reason in particular
- Be playful and genuine





Thank you!

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Education
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