



Bournemouth Parenting Practitioners Tip Sheet

Building Your Child's Self-Esteem

Self-esteem is how we feel about ourselves, and influences our attitudes, behaviour and emotions. It is important to develop a good self-esteem early on in childhood. As parents, it is your job to encourage your child so that they maintain confidence and self-belief.

- Start early. Be caring and loving to your baby, and continue to do so as they grow. This will make them feel loved and accepted.
- Demonstrate that you love and are proud of your child by giving them a hug, for example. Your child will feel good about themselves if they feel accepted in the family.
- Set aside some time each day to spend with your child. You could play a game, read a book or go to the park. Spending time with your child lets them know that they are important to you.
- Show interest in their school life. Children do better at school if their parents are interested. Encourage them to tell you

about their day. Be available to help with any homework—but don't do it for them. They must learn to be independent.

- Celebrate their achievements. Let them know that you are proud of their effort and acknowledge that their accomplishments are important.
- Get involved with your child's interests. Encourage them to pursue new activities. If you can, practice the activity with them. This will create a strong bond between you.
- Give them age-appropriate responsibilities to make them feel they are a useful member of the family. Praise them for completing the tasks.
- Do not compare your child to others. All children have different abilities. Making comparisons only belittles and frustrates your child. Help your child develop their abilities and remember to praise them for their accomplishments.



Warnings



Reluctance to try new things or withdrawal from the outside world can indicate a lack of self-esteem. Changes in your mood, such as increased feelings of sadness, may also be a sign of low confidence.

What to do



Build a positive relationship with your child from as early as possible. Verbally encourage them and show interest in what they do.

What to say



Praise your child's efforts and accomplishments. Avoid criticisms, and instead opt for positive reinforcement.

Prevention



Create a safe, loving environment for your child to grow up in. This will make them feel accepted in the family, and therefore make them feel good about themselves.

Useful Contacts

For more information, advice or support, contact:

- Parentline Plus, telephone: 0808 800 2222
- Bournemouth Parenting Practitioners, telephone: 01202 453965

