**Health Capsule Oct. 2018**

**How to foster your child’s self-esteem**

**Why is self-esteem important?**

Your child’s self-esteem affects how well he does day-to-day. It affects his relationships with you and with others and has an impact on how he does at school and in social situations.

Positive self-esteem helps children:

* have the courage to be their own person,
* believe in their own values,
* make the right decisions under pressure,
* interact with others,
* handle stress and life’s challenges,
* make healthier choices, and
* feel confident saying “no” to dangerous activities.

**What can I do to help foster my child’s self-esteem?**

* The most important thing is to **show your child lots of love and acceptance**.
* **Focus on your child** by playing with her and listening when she talks.
* **Provide structure and rules. Be consistent**.
* **Tell your child you are happy when she cooperates or helps you**.
* **Support your child and offer genuine praise.**  things, and tell her you are proud of her. Praise efforts and skills. **Do not over-praise**.
* **Help your child learn from his mistakes.**Talk about what can be done differently next time, and how he can control his own behaviour.
* **Provide your child with responsibilities and opportunities to contribute in the home.** This teaches your child that she’s important.
* **Be a role model.** Show your child what it means to love yourself, be willing to do and try new things, and model how you cope with set-backs or challenges.
* **Offer choices and the chance to problem-solve, appropriate to your child’s age and stage**, so that your child learns that he has control over his life.
* **Create a safe, loving home environment**.

See video: <https://www.youtube.com/watch?time_continue=3&v=jvufTp2c2LU>

Source Canadian Pediatric Society: <https://www.caringforkids.cps.ca/handouts/foster_self_esteem>

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