



Self-esteem: How can parents help?

1. Be a role model

If your kids talk negatively about themselves, try examining your own behaviour; do you find yourself doing the same thing? You can also be a positive role model by living a balanced life. Eat well, exercise regularly and develop a variety of interests.

2. The power of positive thinking

When your children are feeling very negative about themselves, try suggesting they use positive statements like, "I haven't been able to do this yet, but if I keep trying it will get easier."

3. Emotional support

Don't forget that one reason kids say negative things about themselves is to see what reaction they'll get. They're hoping that you'll express your love and support, despite the occasional failures that loom so large to them.

4. Self-compassion

Remind your child to be compassionate towards themselves; that forgiving themselves for an error in judgment or a bad test result is okay. After all, to err is human.

In these various ways, you can help your children start viewing themselves more realistically and have better self-esteem. The temporary setbacks they will inevitably face won't send them into the depths of despair but rather will be seen as opportunities to learn and grow. You can help show them a view of the future where they may end up excelling in areas they can't even imagine right now.



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