

Tip Sheet: Building Self Esteem



You are the Experts of your Family!

Spend time together with your children. Show love to promote a sense of belonging in your family.

Love and Belonging

When children feel loved and safe, they develop a sense of confidence that allows them to build healthy relationships and effective communication skills.

A sense of belonging and attachment influence how children feel about themselves. The feeling of being loved fosters positive self-esteem and relationship building.

Build trust by following through on what you say and establishing consistent expectations for your family.

Trust and Security

Secure and trusting relationships give children the confidence to try new things. Children who know they will be supported are more likely to explore new things, even if they make mistakes.

Trust is critical to building healthy communication and setting boundaries. When children feel they can trust the adults around them, they will be more likely to ask for help when they need it.

Have lots of open discussions as a family so children feel comfortable sharing their feelings.

Respect

Children learn respect for others by watching how adults around them act. Respect is shown by listening, validating, and accepting each other's feelings.

When children receive respect they are more likely to show it to others. This builds children's self-esteem and helps them learn to set boundaries for themselves.

Building Bricks of Self-Esteem:

Values	Inclusion	Pride	Confidence	Celebration	Siblings	
Acceptance	Family	Self-respect	Joy	Success	Love	
Strengths	Skills	Experience	Support	Dreams	Sensitivity	
Opportunity	Culture	Identity	Fun & Play	Volunteer	Growth	Safety

Which of these are strengths in your family?



Feeling Good:

- Your child is unique and has his or her own personal strengths.
- Help your child understand the value of positive thinking and speaking.
- Your child will feel special when you ask about his or her opinion and really listen.
- Be cheerful and positive. Your child is watching how you react to situations.
- Feeling special does not always mean winning. Promote new experiences when the goal is not always to win.
- Listen with sincere interest to show respect for your child's feelings.

Enhancing Self-Esteem through Confidence:

- Help your child set realistic goals for him or herself. Break these goals into small, achievable steps. Celebrate and praise your child's efforts. As your child progresses, set new goals.
- Remind your child about his or her skills. For example, talk about his or her efforts to complete homework and work hard in school. Reinforce positive behaviours to see them more often.
- Teach your child about how to take care of him or herself. This includes physical health, but also emotional well-being. Your child will also learn from watching how you look after your own self.
- Help your child turn negative thoughts into positive ones. Remind your child about the positive qualities he or she possesses and how these can be used to work through challenges.
- Volunteer in your community as a family. Contributing time and effort for others is rewarding and builds confidence.

Strengthening Trust:

- Listen to your child with sincere interest, without interrupting. This will make your child more likely to ask you for support with problem solving or personal issues.
- Talk with your children about what trust means to you and your family. Talking about the nature of trust will help you define activities appropriate for your family to strengthen it.

Enhancing Confidence:

- Try new things as a family. Trying new things will teach children new skills and help children develop more confidence in their abilities.
- Good communication skills make it easier to reach out to new people. This creates opportunities to build support networks and increase personal confidence.

“The strongest single factor in acquiring abundance is self-esteem: believing you can do it, believing you deserve it, believing you will get it.”

- Jerry Gillie

Accept others' feelings even when they are different.

Celebrate and praise children's character, strengths, and talents.

A child who is loved and accepted feels confident and empowered.

Turn negative thoughts and beliefs into positive learning experiences.

Good communication makes meeting people easier and builds confidence.