



It's Great to Be You!

(Building Confidence and Self-Esteem in Children)



What is self-esteem?

Self-esteem is how you see yourself and how valuable you believe you are

Why is self-esteem important for kids?

- ✔ It can influence how you learn and grow
- ✔ It can affect how you deal with mistakes and respond to peer pressure.
- ✔ It can influence how you have relationships with others.
- ✔ It can affect your ability to solve problems and reach your goals.
- ✔ It can affect their success later in life.

What can cause someone to have low self-esteem?

- ✘ Experiencing tough criticism can negatively affect how kids see themselves.
- ✘ Kids who experience a lot of bullying or negative interactions on social media can develop low self-esteem.
- ✘ Kids who may be neglected, abused or otherwise mistreated, can develop low self-esteem and not have a good image of themselves.

There are several ways to help kids develop positive and strong self-esteem:

- ✔ Try to avoid being critical about mistakes. Instead, praise and celebrate the positive in children and ignore or redirect any unwanted behaviors.
- ✔ Encourage your child's individuality and let them know it's okay to be themselves.
- ✔ Encourage children to try new things and celebrate their efforts.
- ✔ Treat and talk to your child with respect and kindness, regardless of their age.
- ✔ Encourage friendships and interactions with positive peers – especially on social media.
- ✔ Allow kids to fail. Be sure to teach your child to be resilient and help them understand that not everything will go their way in life, but it's okay.