

SELF-ESTEEM AND YOUR UNDER 5...



Self-esteem is the way you view yourself. The amount of worth you place on yourself and the self image you hold.

IN THIS RESOURCE:

- What does low self-esteem look like?
- How you can build a child's self-esteem
- The four A's

WHY IS SELF-ESTEEM IMPORTANT?

Self-esteem can affect all areas of life, from the way we create and maintain social relationships, to the way we carry ourselves through life and the way in which we approach new experiences. For kids, who are facing new experiences so often, having low self-esteem can seriously impact their ability to take part, to learn and have overall negative effects on their development.



WHAT DOES LOW SELF-ESTEEM LOOK LIKE?

Low self-esteem can take many forms and even present itself as apparent high self-esteem, which can make it tricky for parents or caregivers to spot. Typically, a child who has low self-esteem may:

- Be extra critical of themselves
- Feel inadequate compared to others
- Focus on failures rather than successes
- Lack general confidence
- Have poor communication or social skills
- Act out
- Bully or be bullied
- Resist trying new things or taking part

HOW CAN I BUILD UP MY CHILDS SELF-ESTEEM?

Self-esteem develops over time through experiences and interactions with others. Parents or caregivers can increase their child's self-esteem by:

- Increasing the number of positive interactions with the child. Spend quality on-on-one time and offer plenty of praise and encouragement
- Helping the child to do things. Don't do it for them, but guide them and help them to try new things and master new skills
- Modelling. Make sure your child witnesses you putting in effort, taking pride in your work and achievements, no matter how big or small and being proud of yourself. This will encourage them to do the same
- Removing criticism. Resist the urge to harshly critique your child, especially in broad or general terms. Don't use terms such as "you never" or "you always" in negative ways and don't blame the child's personality for their behaviour e.g, "you are so lazy". These negative messages will translate into a negative self view. Instead, focus on the positives and show the child the correct behaviour rather than condemning them for the wrong one
- Give the child the opportunity to develop their strengths. Identify your child's strengths and help them build on them
- Provide opportunities to get involved. Let your child help around the house or help others. Helping others and displaying kindness is incredibly effective at building self-esteem.



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THE FOUR A'S

The Four A's are a simple way of remembering easy and effective ways of boosting your child's self-esteem.

AFFIRMATION

Provide your child with plenty of praise and positive encouragement. Focus on their efforts rather than the results.

ACCEPTANCE

Embrace your child for who they are completely and openly. We are all unique individuals, celebrate your child's uniqueness.

AFFECTION

Physical affection can help your child to feel loved and secure. It can strengthen the attachment between child and guardian and provide comfort for children in times of need.

ATTENTION

The type of attention you give your child has a significant impact on their behaviour and their self-esteem. Too much negative attention, e.g. over disciplining or critiquing your child can increase negative behaviour and lower self-esteem. More positive attention, e.g. one-on-one time, praising, playing, reading and engaging with your child, will encourage positive behaviour and can raise their self-esteem.

The important thing to remember about self-esteem, is that it is not static. A child with low self-esteem need not always feel that way. Through use of the four A's and plenty of love and nurturing from parents and caregivers, children can be supported to grow into confident, competent and healthy adults.



“HAPAITIA TE ARA TIKA PUMAU AI TE RANGATIRATANGA MO NGA URI WHAKATIPU”

Foster the pathway of knowledge to strength, independence and growth for future generations.



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