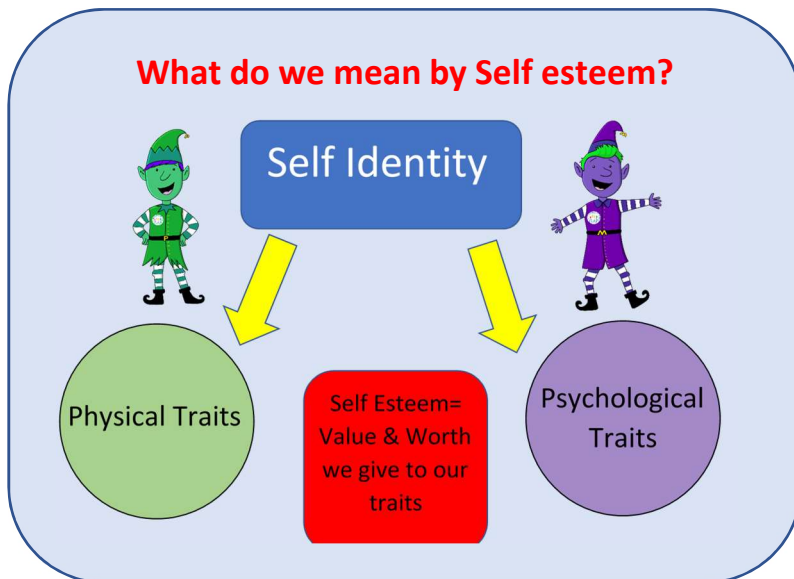


In considering how to raise your child's self esteem please watch the 'Raising self esteem' digital video via the link: <https://www.sitgap.org/understanding-your-child> and complete this sheet.

In reviewing what makes up our self esteem we considered the following diagram:



We can see that our self identity is made up of two parts: our physical and psychological traits and our elves are helping us to review these. We also know that self esteem is the value and worth we give to our physical and psychological traits.

Looking at our self identity?

Physical Traits:

Make a list with your child of their physical traits

- I am a boy / girl
- I am _____ cm tall
- I have _____ colour hair
- I have _____ colour eyes
- My skin is _____



Psychological Traits:

Work through the questions with your child looking at their likes and dislikes

- My favourite food is: _____
- I don't like eating: _____
- My favourite colour is: _____
- My least favourite colour is: _____



Psychological Traits continued:

- My favourite subject at school is: _____
- I don't enjoy _____ at school
- My favourite song is: _____
- My favourite game/ Tv programme is: _____
- My favourite film is: _____



Its important that we are clear on our physical and psychological traits as then we can give them value and worth.

How can we raise our children's self esteem?

Below are a range of things we can do to improve our children's self esteem:

List your child's positive physical traits (and remind them regularly)

-
-
-
-
-
-
-
-
-
-

Encourage and allow choices

Give children between 2 or 3 options (not more than 6!)
The process of making the choice is as important as the decision.

Use
Compliment Stars
available from
www.sitgap.org/shop

As the big people: model good self esteem

Allow your children to grow & change

Their brains are not fully developed until they are 25 to 30 years old.



Giving Constructive Praise:

Encourage effort and hard work and not intelligence, as praising intelligence raises anxiety.