**Self Esteem**

Self Esteem is essentially how we feel about ourselves. We develop self-esteem from hearing what other people say about the sort of person we are. For example; he always tries hard, I can rely on you, you are so thoughtful etc.

If what we hear is negative we won’t feel good about ourselves.

Students with good self-esteem are more willing to try new things, or persist with a difficult task because feeling good about themselves does not rely on winning or being first.

**Developing Self Esteem**

* Praise your child. ‘You did a great job cleaning the car.’
* Highlight your child’s success. ‘You are clever at reading timetables’.
* Help your child experience success. Pick an easy level of difficulty when teaching a new task. For example folding clothing. Start with matching then rolling socks, when this is mastered move on to folding.
* Don’t compare your child to other children. You are the most important person in your child’s life if you make comparisons they might think you don’t think they are as good as other children.
* Accept and encourage achievement. Be realistic about your child’s abilities. Look for progress or effort exerted and be proud of these things.
* Make time for your child. Remind them you love them. Hugs, tickles, winks and smiles all send messages of love. Listen to and enthuse about the things that interest them and listen and help with the things that frustrate them.
* Make home their haven. School is a very busy place; it can be challenging and sometimes stressful. Home needs to be a safe, restful and happy place where children can relax, feel safe and gather strength for future challenges.