

Supporting Children with Low Self-Esteem



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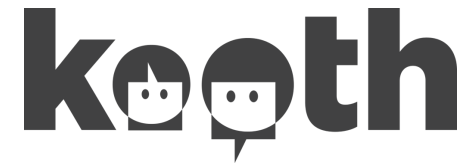
If you think your child has low self-esteem, there are things that you and other adults around them can try to boost their confidence:

- Show them lots of love and be positive about them as a person - tell them what makes them special to you.
- Set an example of a positive attitude when faced with challenges.
- Encourage them to try new challenges themselves, and celebrate them for it. Phrases like "Well done, that was hard, and you managed it" are good. Make the steps small at first, then increase the challenges.
- Focus on your child's strengths and give praise to your child for their effort, attitude and progress.
- Try to not be critical about the things that they may not do so well with, instead work with the child to create manageable goals for them to work towards.
- Reassure them it's OK to make mistakes and that it's all part of growing up. If you make a mistake yourself, admit it to show them that getting it wrong is not the end of the world and happens to everyone.
- Acknowledge their feelings and support them to express their feelings using words; for example, encourage them to say, "I'm upset because..." or "I feel happy when..."
- Use creativity to help the child express themselves - art, drama or music can help children discover and develop their talents. Children may benefit from joining clubs as this will enable them to be creative in a social environment, social relationships can help improve low self-esteem!

Useful contacts

YoungMinds Parent's Helpline offers information and advice to any adult worried about the emotional problems, behaviour or mental health of a young person up to the age of 25. **YOUNGMINDS** fighting for young people's mental health
The YoungMinds helpline can be contacted on 0808 802 5544

Kooth Offer support to young people in Cornwall through online or one-to-one counselling and mentoring support Visit: Kooth.com



Cruse Bereavement Care
Supports people after the death of someone close; they offer a wide range of support services.
Contact: 0844 477 9400 or visit www.cruse.org.uk



If you are worried your child's low self-esteem is affecting their day to day life, relationships or ability to learn and develop, it is worth seeking professional help.

Discuss your concerns with a teacher or Pastoral care worker at your child's school—they may be able to offer additional advice or let you know where to find further support if needed.

You can talk to their GP; your child doesn't have to go with you if they do not want to. However if your child is over 18 they will need to ask for the help themselves. If they are not willing to do this, you may wish to seek support for yourself as this may help you to further support your child.

It may be helpful to write down the things that make you think your child has low self-esteem, as well as anything that you think may be contributing to this to take along with you to the appointment.

If your child is under 18, your GP may decide your family would benefit being referred to the Early Help Hub to consider additional support.

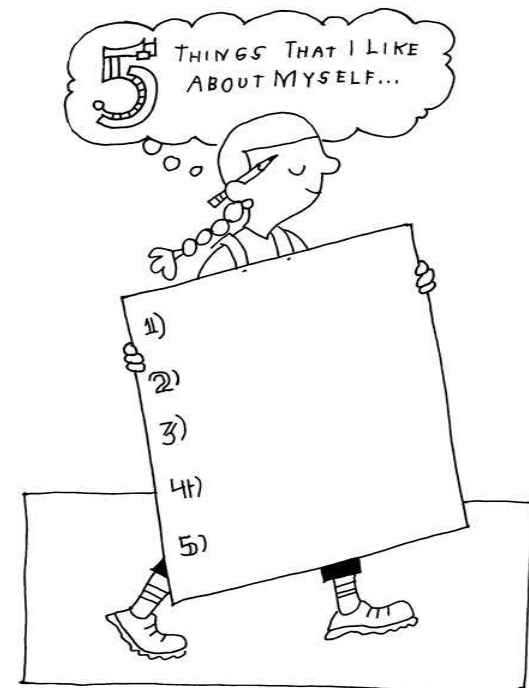
You can make contact with the Early Help Hub directly if you prefer on 01872 322277— they will have a better idea of what current support is available in the county, this may include specialist Child and Adolescent Mental Health Services (CAMHS).

Your child may be offered talking therapy. You and other family members may also be offered support to help understand and support them.

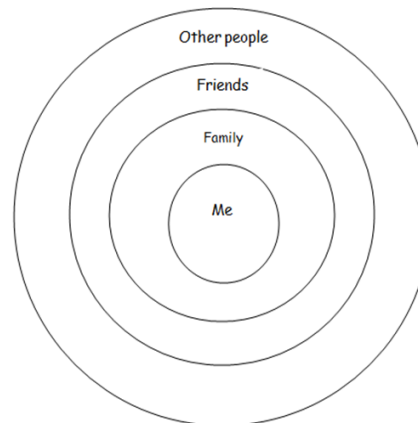
Youth counselling services can also help, young people can refer themselves to these. Most services will support young people between the ages of 13-25.

Activities to help nurture children's self-esteem

'Five things I like about me' - this is an easy activity to set up, you just need to write 1-5 on a piece of paper and then support the child to identify five things. It is likely that younger children will give answers about physical things, such as 'my hair' or 'my coat'. However these are still identifying positive things for the child.



From Bill Zimmerman's new book in progress: *Your Life in Comics for Girls*.



'Support circle' - This activity can be really useful for children and young people of all ages. It helps the child to identify all of the support that they have available to them. You can encourage the child to draw pictures if they wish to and the activity can be extended by the child identifying the following people:

- Someone I can talk to who listens to me
- Someone I can have fun with
- Someone I can go to if I feel upset
- Someone I can get a hug from
- Someone who is there for me