

# Promoting and Developing Self Esteem and Resilience

Parent / Carer Session



# Session Agreement



# Session Structure



Part 1: What is Self Esteem? How Do We Develop it? Why is it Important? Steps to Positive Self Esteem



Part 2: Practical Tips and Strategies for Building Self Esteem in Children and Young People



Resources



Evaluation

SESSION DELIVERY: 1 HOUR 30 MINUTES



Northorpe Hall  
Child & Family Trust

# Session Aims:

- ✓ To understand what self esteem is, why it is important and how we develop it
- ✓ To recognise the role parents can play in building children and young people with positive self esteem
- ✓ To provide tips and strategies for promoting positive self esteem and resilience

# PART 1



- WHAT IS SELF ESTEEM?
- HOW DO WE DEVELOP IT?
- WHY IS IT IMPORTANT?
- STEPS TO POSITIVE SELF ESTEEM

# What is Self Esteem?

With the person next to you,  
discuss the following question:

➤ What is self esteem?



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**Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can sometimes feel really difficult to change. Your self-esteem can affect whether you; like and value yourself as a person, are able to make decisions and assert yourself.**

([www.mind.org.uk](http://www.mind.org.uk), 2022)



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# What is Self Esteem?

What you think of yourself can be based on many things.

For example:

- How you were brought up and treated as a child
- How you did at school
- Your relationships with other people (friends, family, partner)
- The job you have
- Where you live
- How successful you think you are, or can be
- Your strengths and weaknesses
- What you believe others think of you

# Our Own Self Esteem

Complete the Rosenberg Self Esteem Tool on yourself and add up your score.

- Do you fall within the 'normal' range?
- If you were to ask your child to do this activity, how do you think they'd score?

# How Do We Develop Self Esteem?

- The influence of the family in the first few years of life is undeniably the most important part in creating a solid foundation for positive self esteem.
- Setting **limits** and **rules** is the beginning of creating **consistent expectations, accountability,** and positive outcomes for your child. These rules make it much easier to set limits for them in school, as pre-teens, and in their teen years.

**“It’s easier to build  
strong children than to  
repair broken adults.”**

Frederick Douglas

# How Do We Develop Self Esteem?

- Self-esteem is the result of our **interactions** with people whose opinions shape our personality.
- The **opinions** and interactions of authority figures such as parents, teachers and others are important to our developing sense of self and who we are as a person.
- Children and young people especially see themselves as others see them – as adults we do too.

# How Do We Develop Self Esteem?

- Young people who feel that they are **accepted, able, and worthy** through verbal interactions or non-verbal communication are more likely to see themselves in the same way.
- The opposite of this is true as well; the messages our children are sent define who they are.

# Experiences That Can Lead To:

Good Self Esteem	Low Self Esteem
<ul style="list-style-type: none"><li>• You were listened to</li><li>• Praised</li><li>• Given attention</li><li>• Felt loved</li><li>• Got along with friends</li><li>• Success at school, or sports</li><li>• Treated with respect</li><li>• Had chances to do things</li></ul>	<ul style="list-style-type: none"><li>• Criticized a lot</li><li>• Ignored, neglected or abused</li><li>• Being bullied or made fun of</li><li>• Made to feel that not being perfect was a weakness</li><li>• Not doing so well at school, or in sports</li><li>• Being different to those around you</li><li>• Living in a troubled area</li></ul>

# Factors Affecting Adults' Self Esteem:

- Excessive or harsh criticism
- Not feeling that you fit in, for example, at work, or in a new area
- Physical, emotional, or sexual abuse
- Your appearance
- Financial worries
- Stress at work, or losing your job
- Difficulties with those close to you (for example, your family, friends, or partner)
- Separation or divorce
- Traumatic events (for example, accidents, being assaulted, someone close dying)
- Illness or health problems

**“Parents and educators  
need to fill a child’s bucket  
of self-esteem so high that  
the rest of the world  
cannot poke enough holes  
to drain it dry.”**

Alvin Price

# Why is Self Esteem Important?

Self esteem is important because it can affect our:

- Mental Health
- Behaviour
- Decisions
- Friendships
- Success
- Life

# Signs of Low Self Esteem

1. Sense of self doubt; over-analysing, being highly critical of self, not doing things for fear of failure.
2. Being overly apologetic.
3. Putting blame elsewhere out of fear of taking responsibility.
4. Bad posture.
5. Developing bad habits e.g. biting nails, picking skin – often as a coping strategy in social situations.
6. Downplaying achievements and dismissing compliments.
7. Negative self-image; calling self 'stupid' or 'ugly' and feeling inferior to others.
8. Striving for perfection; believing work needs to be 'perfect'.

# What Can Happen When You Have Low Self Esteem?

- A child's self esteem will affect how they feel, think and act. It can affect their confidence, how they get along with others, and how they do at school.
- It can affect their thoughts, their body and their actions.

## Thoughts

- They may feel that they are not good enough
- They may worry what other people think of them
- They think straight away that they can't do something
- They might think they are too fat, ugly, or stupid
- They may blame themselves for things that have happened, even though they may not be their fault
- They may dwell on criticism and mistakes they have made
- They may feel shame
- They may get frustrated at themselves, or others
- They might feel angry

# What Can Happen When You Have Low Self Esteem?

## Body

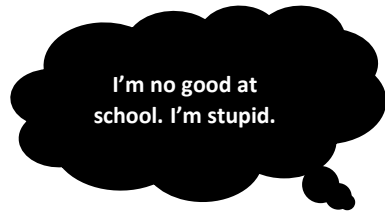
- They may have trouble sleeping
- They may feel tense, or on edge
- They may feel tired
- They may feel panic in certain situations, for example, when meeting new people
- They may feel sweaty, dizzy, or breathless
- Their heart may beat faster
- They may be more aware of their body, for example, when blushing

# What Can Happen When You Have Low Self Esteem?

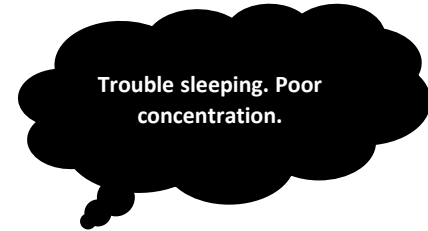
## Actions

- They may avoid social situations
- They may find it difficult to make decisions
- They might work too hard, or try to be perfect at everything they do
- They may hold back from doing things, or speaking out
- They may try to please everyone
- They may pass up opportunities, for example, birthday parties or joining clubs
- They may be over sensitive
- They may shout at others, or get into arguments
- They may allow others to do things to them that they do not want them to
- They may eat too much, or for comfort, or may watch what they eat very closely

# The Vicious Circle



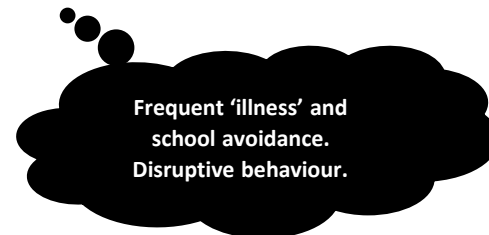
Thoughts



Body



Actions



# Steps to Positive Self Esteem

- **Step 1:** Communicate with clarity and positivity
- **Step 2:** Everyone on the same page
- **Step 3:** Provide consistency and accountability
- **Step 4:** Allow them to experience the natural consequences that arise from their choices
- **Step 5:** Learning from our failures and shortcomings
- **Step 6:** Encourage good behaviour and avoid reinforcing bad behaviour
- **Step 7:** Provide opportunities for your child to succeed
- **Step 8:** Love them anyway
- **Step 9:** Understand and implement positive affirmations and self talk
- **Step 10:** Understand and express emotions

# What is Resilience?

*“The capacity  
to withstand or to recover  
quickly from difficulties”*

Oxford Languages

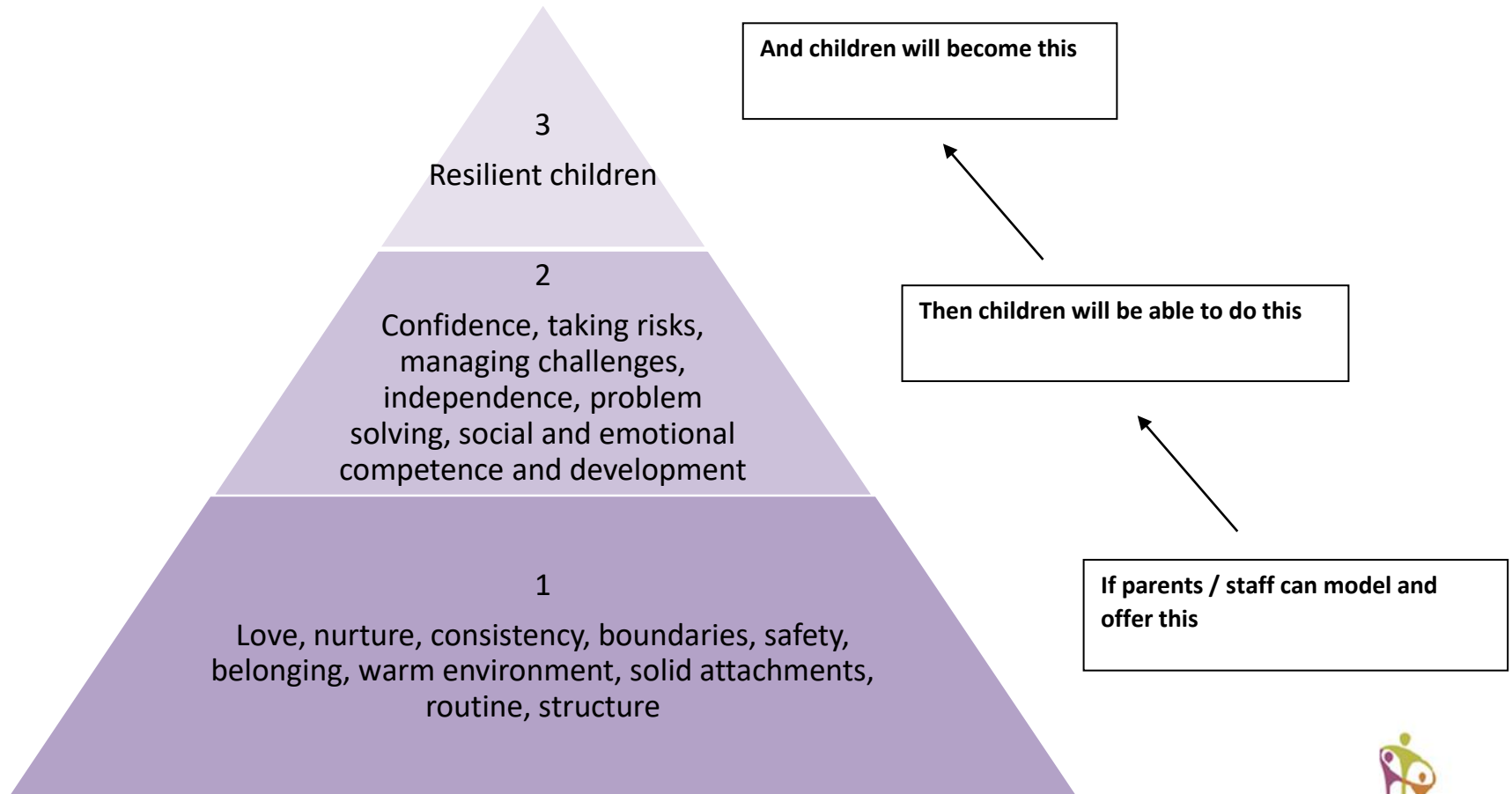
# Impact of Low Self Esteem and Resilience

- Reluctant to 'fail' or make mistakes
- Challenging / avoidance behaviours
- Don't want to try / learn about new things
- Give up easily
- Can become disengaged, withdrawn and / or frustrated
- Lack confidence in their abilities; negative self talk

# Signs of a Resilient Child / Young Person

- ✓ A sense of self esteem and confidence
- ✓ Survivor mentality
- ✓ Effective emotional regulation
- ✓ Feeling in control
- ✓ Self-compassion
- ✓ Knowing when to seek social support
- ✓ Ability to adapt and deal with change
- ✓ Problem-solving skills



# Developing Resilience in Children



# How Do We Build Resilience?

Dr Angie Hart and Brighton University identified five core categories for building resilience:

- ✓ Basics
- ✓ Belonging
- ✓ Learning
- ✓ Coping
- ✓ Core Self

BASICS	BELONGING	LEARNING	COPING	CORE SELF
 I have a good place to live.	 I feel that I belong.  I know my place in the world.	 I like school.	 I understand the need for boundaries and rules.	 I believe in myself.
 Me and my family have enough money to live.	 I know what things are good for me.  I can keep friends.	 I get on well with teachers and people who help.	 I can be brave.  I am good at solving problems.	 I try to empathise with others.
 I feel Safe.	 I recognise my healthy relationships.  I am able to maintain and keep good relationships.	 I think about my future plans.	 I like to make the most of the things that interest me.  I can see things from another point of view.	 I am self-aware.
 I travel to where I need to go.  I eat healthy food.	 I have friends who support me.  I know my responsibilities and what is expected.	 I like to plan what I am going to do.	 I can calm down when I need to.	 I am responsible for myself and my actions.
 I have fresh air and exercise.  I sleep well.	 I have good memories from my past.  I know about my history and where I am from.	 I am proud of my achievements	 I can start again because I know tomorrow is another day.	 I have talents
 I play and socialize with others.  I see that we are all equal.	 I like to try new experiences.  I can mix with others and make friends	 I aim to develop my skills and qualities.	 I have someone to talk to when I am unhappy.  I know how to have a laugh.	 I get medical help when I need it.

## NOBLE TRUTHS

ACCEPTING

CONSERVING

COMMITMENT

ENLISTING

# PART 2



- PRACTICAL TIPS AND STRATEGIES FOR BUILDING POSITIVE SELF ESTEEM

# Common Errors

- Using praise for even the slightest accomplishment.
- Ignoring failure.
- Avoiding competition.
- Removing expectations and accountability.
- Making excuses for our children.
- Not allowing children to experience or deal with failure or negative consequences.

# Step 1: Communicate with Clarity and Positivity

- Set clear, realistic goals.
- Explain your expectations step-by-step and what you want / expect as the outcome.
- Provide positive acknowledgement and appreciation for a job well done.
- 'I want' and 'if' and 'then'.

## Step 2: Everyone on the Same Page

- Clear rules and expectations from all care-givers.
- Eliminate inconsistency.

## Step 3: Provide Consistency and Accountability

- Be definitive in what you say; communicate clearly and in advance whenever possible.
- Hold children to account and also be accountable for your own words and actions.

## Step 4: Allow Them to Experience the Natural Consequences

- Let them fail!
- Teach them that actions and choices have consequences.

# Step 5: Learning from Our Failures and Shortcomings

- Help children to understand that failures and mistakes help us all to learn and grow; failure can be our best teacher!
- Teach them that if they are willing to recognise what they learn from an experience, they can then think about what they can do to improve and make a better choice next time.
- Events or experiences happen every day and ultimately, our response to those events will determine the outcome.

## Step 6: Encourage Good Behaviour and Avoid Reinforcing Bad Behaviour

- Catch them being good!
- Show appreciation and express thanks.
- Positively reinforce their efforts, even when they don't get it right.
- Avoid negative reinforcement.

# Idea: Notice the Good Things

- Each day – perhaps when all of the family are together– thank your child one thing e.g. *“Thank you for doing the washing up. It was really helpful and saved me a job when I was working late.”*
- Try to verbally share one thing that you “caught them being good” for.

# Step 7: Provide Opportunities for your Child to Succeed

- Allow children to make choices from an early age, within reason.
- As they become older, their choices will become riskier, but remember that this is part of their child development.

# Idea: Celebrating Strengths & Feel-Good Moments

- Each day or week, ask all of the family to write one thing on a post-it that they felt proud of themselves for / felt good about. Stick the notes in a public place, for example, on the fridge.
- When the surface is full, store the notes in a jar and reflect back on your individual successes, then start again.

# Step 8: Love Them Anyway

- Detach from the outcome.
- Separate the behaviour from the child e.g.  
*“I might not like what you did, or the choice you made, but I love you”*

# Constructive Criticism Task

- Use the handout on destructive versus constructive criticism to discuss alternate ways of using language to provide criticism.
- Discuss with your neighbour(s).

## Step 9: Understand and Implement Positive Affirmations and Self Talk

- Use 'I am', 'I can' and 'I will' to develop self belief and confidence.
- Encourage personal mantras and affirmations (*see the WeHeartCBT resource for ideas*).
- Alternatively, encourage your young person to write down / talk about 3 good things that have happened each day.

# Step 10: Understand and Express Emotions

- Teach children and young people to identify and understand their different emotions, but to also to express them appropriately.
- Allow children to externalise their internal feelings and therefore, process them in a positive way e.g. through talk, writing a journal, drawing, music etc.
- Name it to tame it!

# Self Esteem Ladder Resource:

## The Self-Esteem Ladder

Expectations lead to accountability



Accountability leads to responsibility



Responsibility leads to choices



Choices lead to rewards or consequences



Consequences lead to critical thinking



# Problem Solving Technique

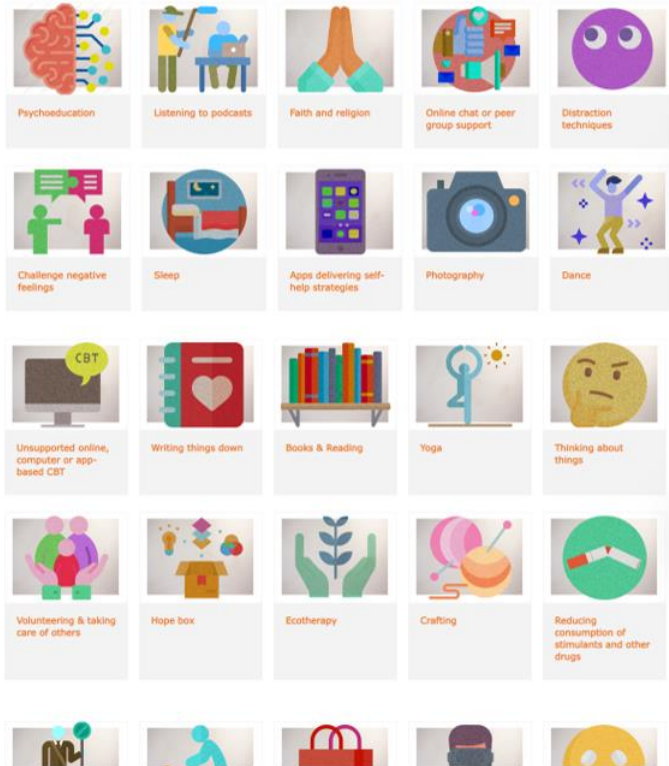
By teaching young people problem-solving techniques, you can help them recognise they can learn from all experiences, positive and negative.

## **Steps:**

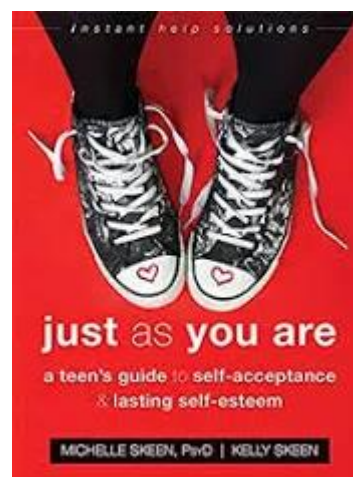
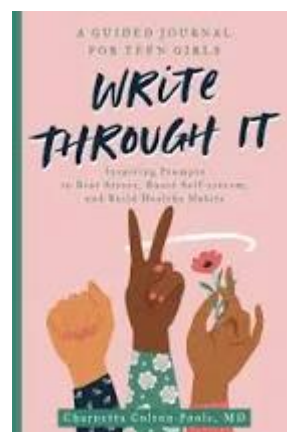
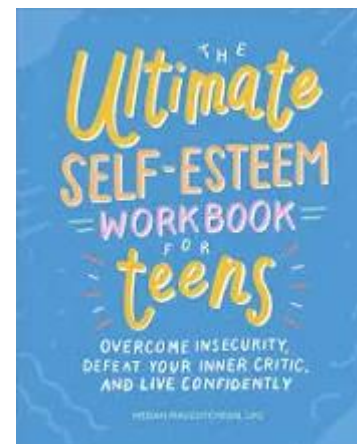
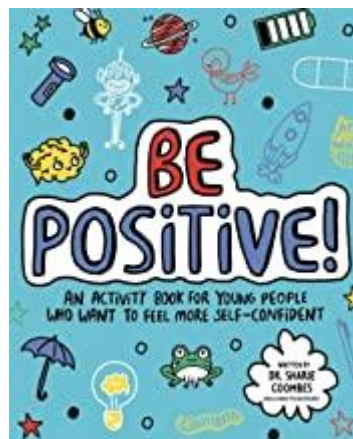
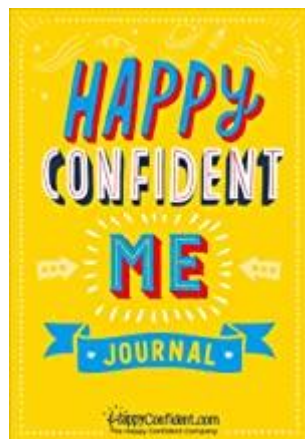
- Write down the problem
- Split the problem into bite-sized chunks
- Focus on solving just one chunk at a time

# Self Care Strategies

<https://annafreud.org/on-my-mind/self-care/>



# Books / Journals:



# Further Resources:

**Article on resilience and self-esteem -**

<https://www.additudemag.com/teaching-resilience-to-adhd-children/?fbclid=IwAR2sOcBTRtTjfDEJPBGwVSk9lLEaKspa3RVNt7fhp9Vu-NfMwgC1hzwzl5M>

**Ted Talk tips for self-esteem -** <https://ideas.ted.com/5-ways-to-build-lasting-self-esteem/?fbclid=IwAR108pdyIWAdU31g8mnLDPRKofatKFtLuMAoIecPpxPDEaVON0PQI6Yc0-Q>

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**Resources for parents to help with confidence and resilience -**

<https://www.yesfutures.org/resources-for-parents>

**Dove self-esteem project -** <https://www.dove.com/uk/dove-self-esteem-project.html>

# Feedback Forms

Please complete the feedback forms that are on your table.



Many thanks for your time 😊