

# Growing your child's self-esteem

Self-esteem is how we feel about ourselves.

## High self-esteem and low self-esteem in children

Children who have high self-esteem feel good about themselves. They often feel liked, accepted and they believe in themselves. They are more willing to try new things and can cope better with their mistakes. Children with high self-esteem often do better in school and in relationships. Children who have low self-esteem can doubt themselves and feel like they are not as good as other kids. They can expect less of themselves and assume others do not think well of them.

There are some things you can do to help your child have higher self-esteem:

- **Offer positive attention and care.** Children begin to grow in their own self-esteem when they work towards a goal, make an effort or learn something new.
- **Help your child learn something new.** Allow your child to watch you and practice with you when they are learning something new. Then they can try it themselves.
- **Praise your child's effort no matter the outcome.** Knowing that their effort matters will help ground your child in what they can control. It rarely helps to criticize kids.
- **Focus on your child's strengths.** Allowing your child to be seen for what they are good at can do great things for their self-esteem.
- **Set a good example.** When your child sees you using positive self-talk and self-care even when making a mistake, they will be more likely to pick up these traits.

