



# Workshop for parents

## “Building Self-Esteem”

**Facilitator:** Kate Viktarovich, RECE,  
Family Resource Program Coordinator

### **Key points:**

1. Defining self-esteem.
2. Healthy and unhealthy self-esteem.
3. Things that can damage self-esteem.
4. Stages of developing self-esteem.
5. How to help your child develop a healthy self-esteem?

**Objectives:** Parents will learn how they can help their children develop healthy self-esteem.

### **What is self-esteem?**

One of the greatest gifts parents can give your child is a positive sense of self. When children have high self-esteem, they feel loved, competent and happy. Self-esteem is based on the ability to describe and define themselves. Other words, this is how much children appreciate and like themselves.

Interesting fact:

- Self-esteem of young children is not based on reality.
- Most children enter school with high self-esteem.
- Self-esteem is not constant. It changes through one’s life.

### **Things that can damage self-esteem:**

1. Negative message about children.
2. Ignoring children.
3. Negative comparison with other children.

**Children with healthy self-esteem:**



- do new things and act independently
- can take healthy risks
- solve their problems independently
- feel good about themselves
- are motivated
- feel respected

**Children unhealthy self-esteem:**



- think they are not good and not able to act independently
- have problems with interpersonal communication
- may suffer from depression or anxiety.
- are emotionally indifferent
- are easily influenced
- feel unloved
- have negative outlook

**Signs of unhealthy self-esteem:**

“I am bad”...

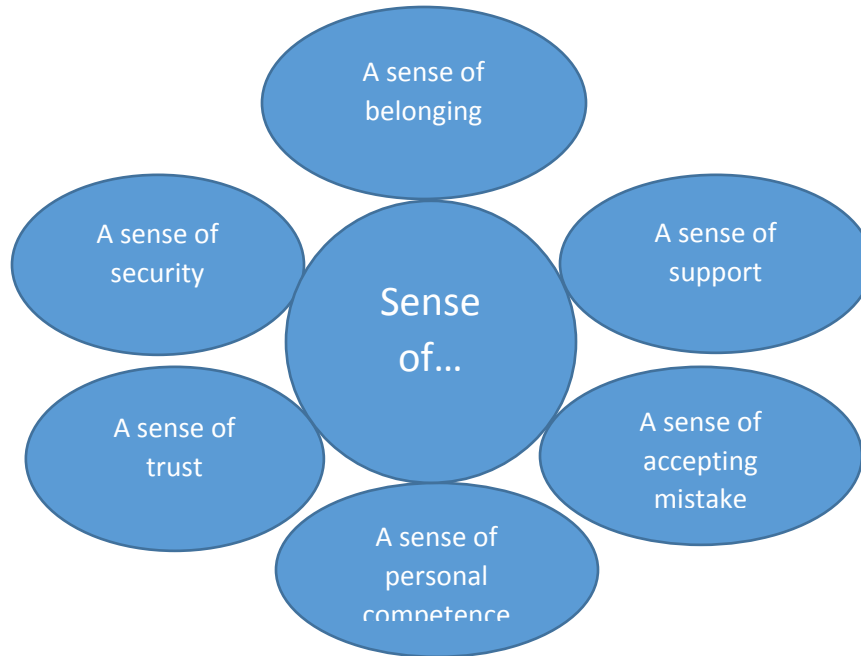
“I can’t do it...”

“I do not want to try it...”

**Stages of developing self-esteem**

Age of children	When they...
Babies	...accomplish things through effort.
Toddlers	...do things independently: dressing, feeding, using bathroom.
Preschoolers	...play and communicating with peers.
School age	...Learn or help parents.

**For healthy self-esteem parents need to help children to acquire next characteristics:**



**How to help your child to develop a healthy self-esteem?**

- Model self-love and positive self-talk
- Encourage participation in sports or other physical activities.
- Give your child choices.
- Let child know no one is perfect.
- Be specific in your compliments.
- Do not compare your children.
- Try to spend one-on-one time with your child (do puzzles, play games or read books).
- Celebrate achievements.
- Develop family rituals (special dinner or a story at bedtime)
- Praise your child for effort not just for result.
- Teach your child that failing is a part of learning.
- Make photo albums and provide family treasures (past and present). This helps children have a mental picture of who they are and where they come from.

**References:** Kruk M., (2014) Child from birth to adolescence. McCraw-Hill Ryerson.

Thank you!

