



*The Building Blocks of Self-Esteem

Friday 17th May 2019



- *Who are you here for?
- *First timer?
- *Veteran?
- *What do you hope to learn today?

*WELCOME

- *To have a greater understanding of supporting the development of a child's self-esteem
- *To understand how self-esteem links to other aspects of a person's life
- *To identify strategies to support self-esteem
- *To reflect on our own experiences
- *To take part in a PSHE session with your child/ren

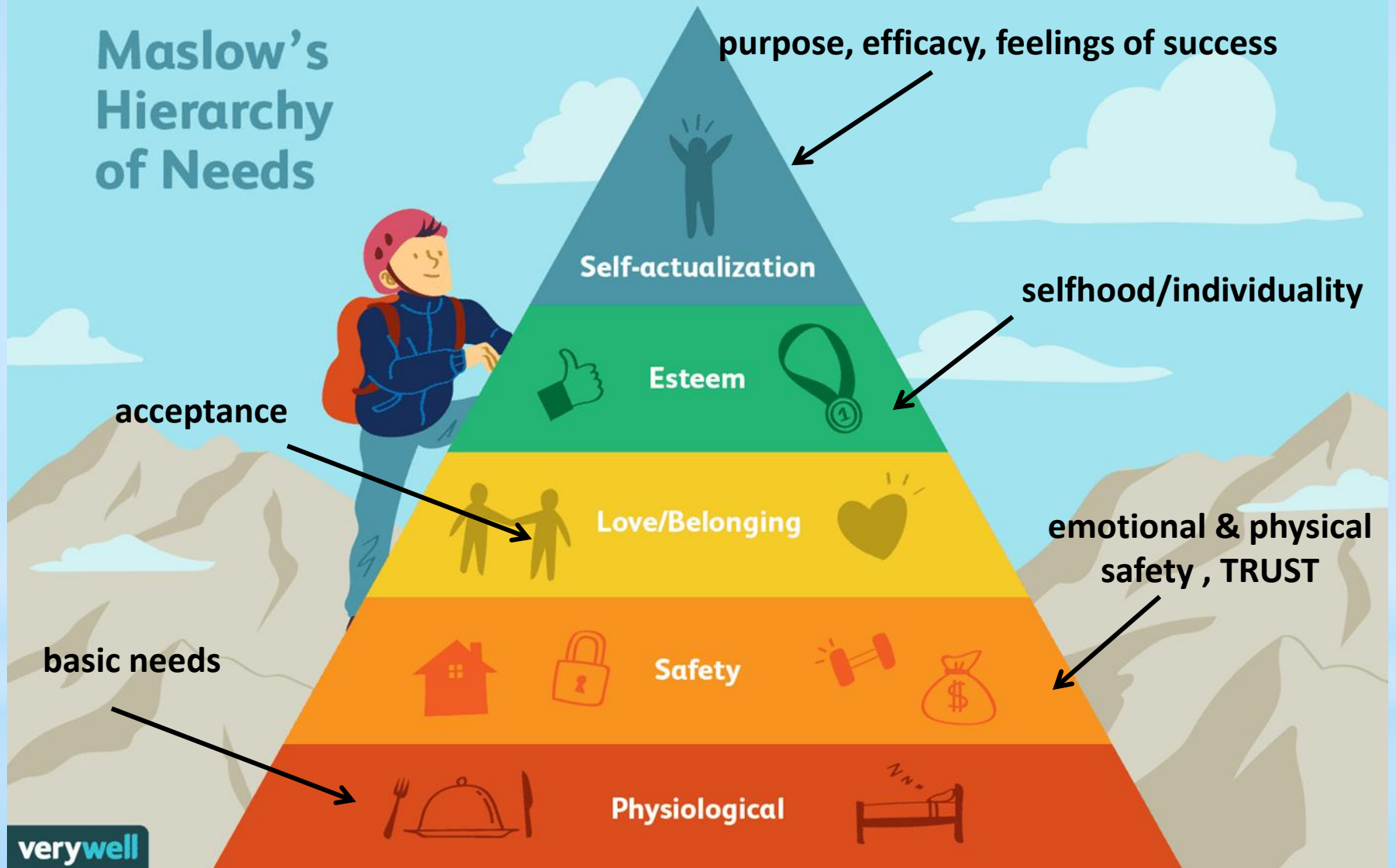
*Aims of today's session



- * Security
- * Selfhood
- * Affiliation
- * Mission
- * Competence

* How your child sees
themselves and their worth...

Maslow's Hierarchy of Needs



- *Where do your values comes from?
- *Where do your child's values come from?
- *Nature?
- *Immediate and extended family and friends?
- *Media and the wider society?



*Values

The Values Bell

Levels

Physical

Intellectual

Emotional/
Psychological

Spiritual/
Philosophical

Impact on the environment

Behaviour

Opinion

Attitude

Beliefs

Values

I do

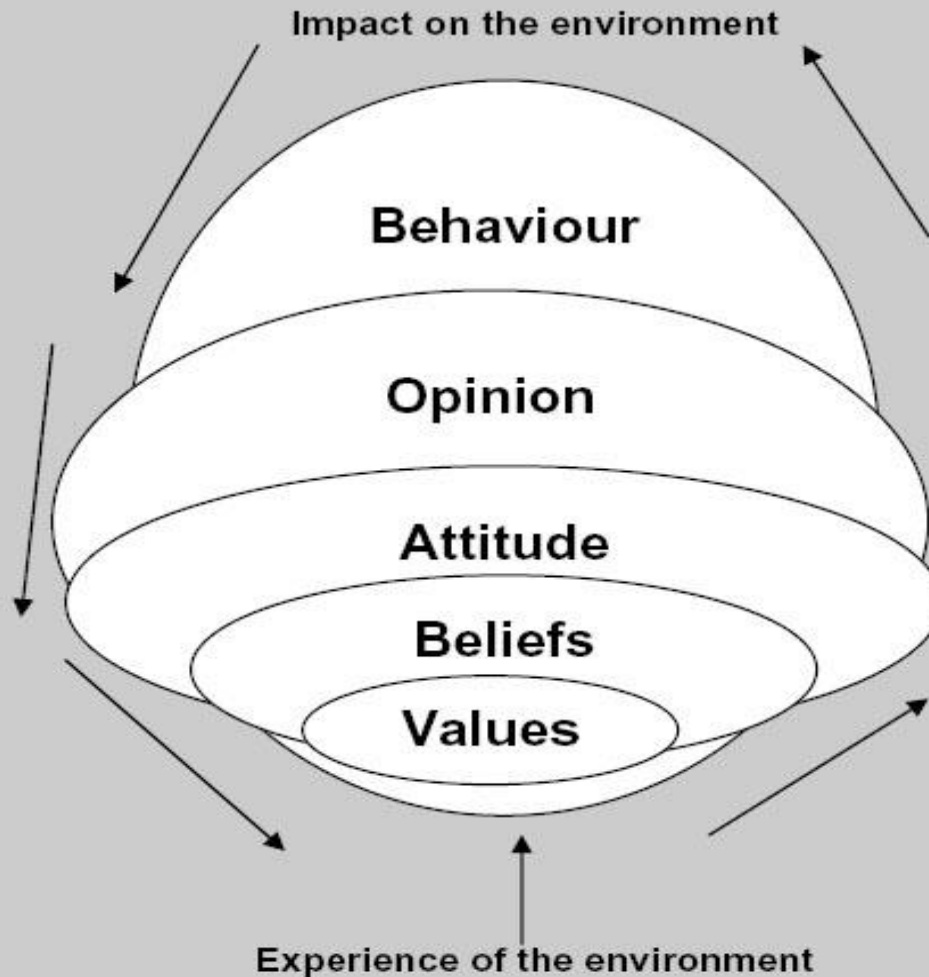
I think

I feel

I believe

I value

Experience of the environment



*Security

Emotional and
physical safety



- * Safe space- home, school
- * Protection
- * Basic needs (food, clothing, etc.)
- * Identity
- * Friendships
- * Community
- * Trust, love & value
- * Boundaries, routines
- * Predictability/stability

*Selfhood

In essence what makes you 'you'



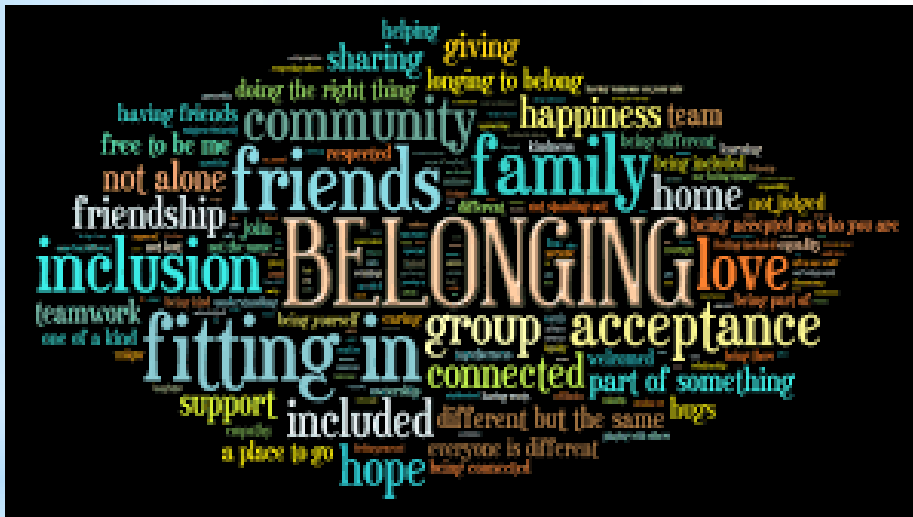
"TODAY YOU ARE YOU,
THAT IS TRUER THAN
TRUE. THERE IS NO
ONE ALIVE WHO IS
YOUER THAN YOU."

— DR. SEUSS

- *Individuality
- *Physical characteristics
- *Personality
- *Understanding & identifying emotions

*Affiliation

Belonging



I FEEL:

- * Approved
- * Appreciated
- * Respected
- * Like I fit in
- * A sense of belonging is important to the development of our resilience

*Mission

Purpose and responsibility



I can/am beginning to:

- * Set realistic & achievable goals
- * Follow through on plans
- * Take responsibility for own actions
- * Seek alternatives to problems
- * Become highly motivated
- * Take risks/have a go
- * Evaluate myself according to my past performances (not the performance of my peers)

*Competence

Efficacy and
feelings of success



I can/am beginning to:

- * Seek out challenges
 - * Accept my weaknesses and mistakes as learning tools
 - * Share ideas & opinions
 - * Feel successful in things deemed important
 - * Show good sportsmanship
 - * Recognise and be positive about achievements
- * CHILDREN WHO EXPERIENCE ACHIEVEMENT ARE MORE LIKELY TO WANT TO ACHIEVE**

How can you promote self-esteem at home?

- * Take time to listen to your child
- * Provide choices for your child
- * Take an interest in your child's likes and dislikes and model respect
- * Allow children to take responsibility
- * Let your child have a go and allow mistakes to be made and discuss the importance of making mistakes
- * Model making mistakes yourself!



*Promoting self-esteem

What can I say to develop my child's self-esteem?

- * I believe you can...
- * Let's have a go together.
- * That sounds interesting. Can you tell me more?
- * I know it's hard, but you can already...
- * You... and that made me proud.
- * Sometimes we make mistakes and that's how we learn.
- * I was thinking about you when...
- * How did you challenge yourself today?



*** Use of language**

*Thinking of the building blocks of self esteem, what would you tell your primary school self?



*Knowing what you know now...



Making Time to be Dad

- The Supporting Act
- Children with involved, caring fathers/father figures also have better educational outcomes.
- The influence of a father's involvement extends into adolescence and young adulthood.
- Numerous studies find that an active and nurturing style of fathering is associated with better verbal skills, intellectual functioning, and academic achievement among adolescents

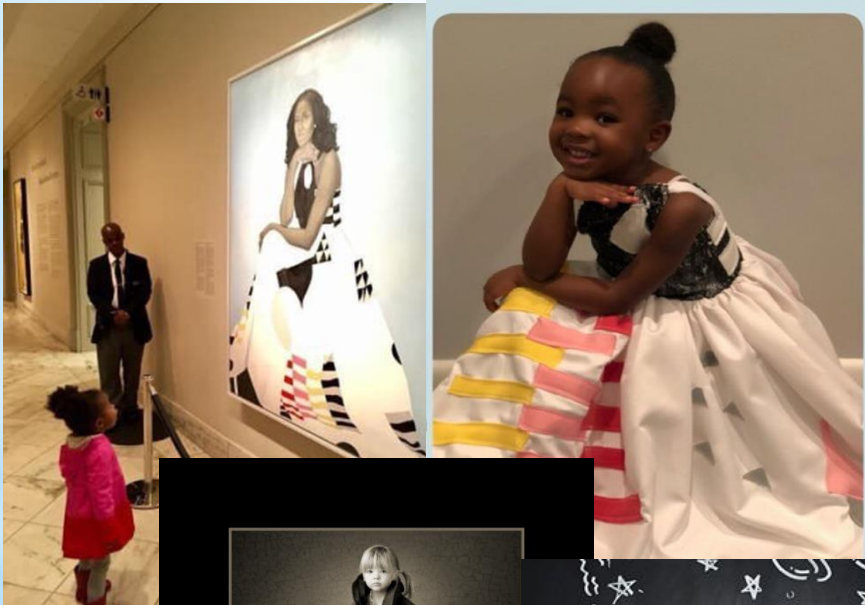
A good father is
one of the most
unsung,
unpraised,
unnoticed,
and yet one of the
most valuable
assets in our society.



* REPRESENTATION

The importance of role models

- * Children should have people, characters and images that they can look up to and RELATE to.
- * Male role models can play a part in challenging gender stereotypes



When I Grew Up...





*Your hopes and
dreams for your child