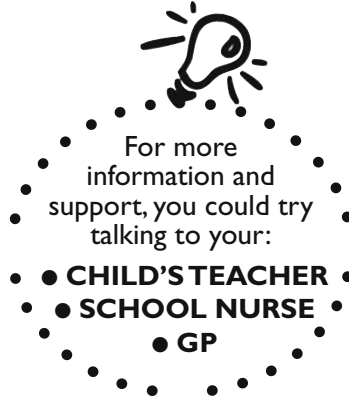


Want to find out more?

Useful Websites & Organisations

- www.parentlineplus.org.uk – see 'Building Children's Self Esteem'
- www.bbc.co.uk/parenting/your_kid – useful advice on confidence building
- www.nspcc.org.uk – see advice leaflet on 'Listening to Children'



Helplines, Advice & Information

- Parentlineplus
0808 800 2222
www.parentlineplus.org.uk
- Manchester Children's Information Service
0800 083 7921
- www.manchester.gov.uk
(follow links for 'Children & Families' or 'Parents')

* In this leaflet, the term 'parent' includes carers, such as grandparents, foster carers or step-parents

NHS



MANCHESTER
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* This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.

إذا أردت الحصول على هذه المنشورة باللغة العربية الرجاء الإتصال بالهاتف بدائرة معلومات الأطفال على الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo af Soomaali ah fadlan telefoon u dir Adeega Warbixinta Caruurta ee 0800 083 7921

آرآپ کو یہ ایفٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے۔

لطفاً برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان (Children's Information Service) به شماره 0800 083 7921 تماس بگیرید.

如欲索取這傳單的中文版，請致電 0800 083 7921 聯絡兒童資訊服務

বাংলায় এই লিফলেটের একটি কপি জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে 0800 083 7921 এই নম্বরে।

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TIP SHEET
FOR PARENTS OF **3-11** YEAR OLDS

Self-esteem & Confidence Building

Self-esteem and **confidence** are important.

When children **feel good** about themselves, they tend to be **happier, try harder** and **do better** in school.

They also have **more friends**, cope with any setbacks and have **fewer problems** as teenagers.



● Children **thrive** when they feel **successful** and **important** and when they're **listened to** and **understood**

● In fact, **talking** and **listening** to your child is the best thing you can do

● Children also love it when their parents or carers **play** with and **praise** them



REMEMBER, many things can **knock self-esteem**, so if your child becomes unhappy, **find time** to find out what's going on.

Positive Self-esteem is...

... liking yourself and being happy about who you are and what you can do, so you feel valuable and capable, not ignored or useless.

How YOU can help



SHOW YOU VALUE YOUR CHILD

Enjoy their company, respect their ideas, value what they're good at, and what they like to play. Take time to listen to any troubles.

HELP THEM TO FEEL PROUD

Notice and appreciate what they're good at. Never say they're stupid if they haven't managed something.

APPRECIATE AND PRAISE THEM

All children love to be noticed and appreciated. Let them know when you've enjoyed being with them or when they've done well or tried hard. Tell them you love them.

HAVE FUN AS A FAMILY

Playing a game together or special outings help children to feel you enjoy being with them and sure about where they belong.

ENCOURAGE A RANGE OF ACTIVITIES

- Help them try new activities at home, such as cooking or growing plants
- Find out about and encourage them to join local clubs and activities
- Outdoor play and sports keep children healthy and feeling good

HUG AND CUDDLE THEM

It's a good way to show your love!

TALK TO AND SPEND TIME WITH YOUR CHILD

- Involve them in your chores
- Walk to more places and chat as you go
- Sit close while they eat or watch TV
- Ask them what they think
- Eat together often, with TV/phones off!
- Try to spend time alone with each child

STAY CALM...

when they make mistakes. Children are learning so much they can't get everything right first time.

SHOW THEM YOU BELIEVE THEY CAN MANAGE

Help them feel trustworthy and responsible.

- Ask for their practical help (post a letter, make something to eat, teach you things)
- Ask them to do things for themselves (wash, clean teeth, pack schoolbag)

KEEP FAMILY LIFE AS ROUTINE AS POSSIBLE

Consistent routines and stable relationships help children to feel secure and cared for. Talk to them about all changes.

CHOICES


Let them have some, but not too many, choices. Then they will learn what they do and don't like.

CUT DOWN ON CRITICISM

... and shouting and punishment. When children are always told off or smacked, they can feel bad about themselves and unloved. Use praise more!

CHILDREN'S CONFIDENCE IS EASILY KNOCKED BY...

- What's happening at school (bullying, friendships or learning problems)
- Changes at home (new partners, family break up, new baby, death of relative)
- Family arguments (between parents or with brothers and sisters)



● If they seem **worried, sad or lack confidence, act. Talk about it, be supportive and reassuring. If you think there is a problem at school, talk to the teacher**