



Mental Health Bulletin March 2023

Self Esteem

Self-esteem is how a person feels about themselves. Someone with positive self-esteem will generally approach things thinking they are a good person who deserves love and support and can succeed in life. Someone with low or negative self-esteem will generally think they are not good at things, don't deserve love or support and that situations will work out badly for them.

Most children will have dips in self-esteem as they go through different stages or challenges in life. Starting a new school, moving house, changes in the family and many other factors can affect a child's confidence, but with support from parents and other adults they usually get through this.

However, some children seem to have low self-esteem from an early age. This may be partly down to their personalities or they may have had an unsettled time as a baby or toddler. Other children develop low self-esteem following a difficult time such as divorce, bereavement or being bullied or abused, and can't bounce back.

Resilience and self-esteem

Resilience is being able to deal with the ups and downs of life, and is key to raising self-esteem. There are a lot of different factors that determine whether a young person is able to cope well, or not so well, when times are tough.

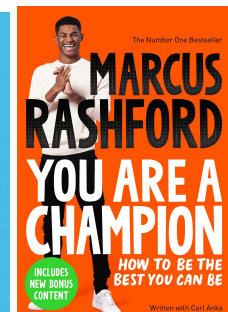
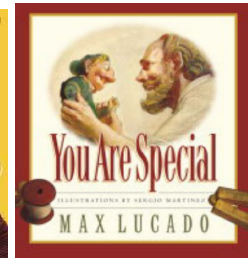
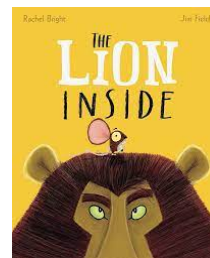
Being able to 'bounce back' is more likely when a child:

- Has had secure early attachments
- Has a clear sense of identity
- Communicates well with others
- Can set goals and try to meet them
- Understands how to go about solving problems
- Is able to think and act independently
- Is able to manage sometimes negative thoughts and feelings, and move on from them
- Feels loved and valued by family and friends

Here are some ways in which you can help and make a real difference to a child's self esteem.

- Tell your child what makes them special to you.
- Set an example of having a positive attitude when faced with challenges.
- Value effort not perfection
- Encourage them to try new challenges and celebrate them for it. Make the steps small at first then increase the challenge.
- Focus on what has gone well in the day. Say 3 positive things about your day.
- Set goals and make plans for things they'd like to accomplish.
- Get outside, get active, get them healthy.
- Allocate 20 minutes a day to chat, laugh and do something together.
- Help children to discover their talents through clubs, groups and activities.

Here are some books that you might find helpful.



Please come into school and speak to Mrs Allen (Mental Health lead) or Miss Newman (Federation SENDCO) if low self esteem has become a problem for someone you know.