

Scaffolding Self Esteem

Parent / Carer Workshop



Northorpe Hall
Child & Family Trust

Session Agreement



Session Structure



Part 1: What is Self Esteem? How Do We Develop it? Why is it Important? Steps to Positive Self Esteem



Part 2: Practical Tips and Strategies for Building Self Esteem in Children and Young People



Resources



Evaluation

SESSION DELIVERY: 1 HOUR 30 MINUTES



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Session Aims:

- ✓ To understand what self esteem is, why it is important and how we develop it
- ✓ To recognise the role parents can play in building children with positive self esteem
- ✓ To provide tips and strategies for promoting positive self esteem

PART 1



- WHAT IS SELF ESTEEM?
- HOW DO WE DEVELOP IT?
- WHY IS IT IMPORTANT?
- STEPS TO POSITIVE SELF ESTEEM

What is Self Esteem?

With your partner, discuss the following question:

➤ What is self esteem?

Feedback.

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can sometimes feel really difficult to change. Your self-esteem can affect whether you; like and value yourself as a person, are able to make decisions and assert yourself.

(www.mind.org.uk, 2022)



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What is Self Esteem?

What you think of yourself can be based on many things.

For example:

- How you were brought up and treated as a child
- How you did at school
- Your relationships with other people (friends, family, partner)
- The job you have
- Where you live
- How successful you think you are, or can be
- Your strengths and weaknesses
- What you believe others think of you

Our Own Self Esteem

Complete the Rosenberg Self Esteem Tool on yourself and add up your score.

- Do you fall within the 'normal' range?
- If you were to ask your child to do this activity, how do you think they'd score?

How Do We Develop Self Esteem?

- The influence of the family in the first few years of life is undeniably the most important part in creating a solid foundation for positive self esteem.
- **Setting limits and rules** is the beginning of creating **consistent expectations, accountability,** and positive outcomes for your child. These rules make it much easier to set limits for them in school, as pre-teens, and in their teen years.

**“It’s easier to build
strong children than to
repair broken adults.”**

Frederick Douglas

How Do We Develop Self Esteem?

- Self-esteem is the result of our **interactions** with people whose opinions shape our personality.
- The **opinions** and interactions of authority figures such as parents, teachers and others are important to our developing sense of self and who we are as a person.
- Children especially see themselves as others see them – as adults we do too.

How Do We Develop Self Esteem?

- Children who feel that they are **accepted**, **able**, and **worthy** through verbal interactions or non-verbal communication are more likely to see themselves in the same way.
- The opposite of this is true as well; the messages our children are sent define who they are. Low self esteem is often rooted in childhood experience and learned from others' behaviour – meaning it can begin early and impact all parts of a child's life.

Experiences That Can Lead To:

Good Self Esteem	Low Self Esteem
<ul style="list-style-type: none">• You were listened to• Praised• Given attention• Felt loved• Got along with friends• Success at school, or sports• Treated with respect• Had chances to do things	<ul style="list-style-type: none">• Criticized a lot• Ignored, neglected or abused• Being bullied or made fun of• Made to feel that not being perfect was a weakness• Not doing so well at school, or in sports• Being different to those around you• Living in a troubled area

Factors Affecting Adults' Self Esteem:

- Excessive or harsh criticism
- Not feeling that you fit in, for example, at work, or in a new area
- Physical, emotional, or sexual abuse
- Your appearance
- Financial worries
- Stress at work, or losing your job
- Difficulties with those close to you (for example, your family, friends, or partner)
- Separation or divorce
- Traumatic events (for example, accidents, being assaulted, someone close dying)
- Illness or health problems

**“Parents and educators
need to fill a child’s bucket
of self-esteem so high that
the rest of the world
cannot poke enough holes
to drain it dry.”**

Alvin Price

Why is Self Esteem Important?

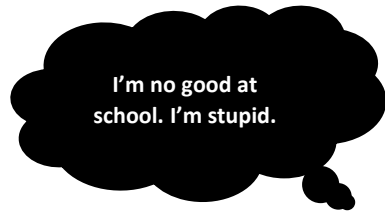
Self esteem is important because it can affect our:

- Mental Health
- Behaviour
- Decisions
- Friendships
- Success
- Life

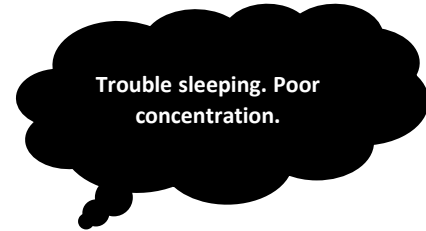
Signs of Low Self Esteem

1. Sense of self doubt; over-analysing, being highly critical of self, not doing things for fear of failure.
2. Being overly apologetic.
3. Putting blame elsewhere out of fear of taking responsibility.
4. Bad posture.
5. Developing bad habits e.g. biting nails, picking skin – often as a coping strategy in social situations.
6. Downplaying achievements and dismissing compliments.
7. Negative self-image; calling self 'stupid' or 'ugly' and feeling inferior to others.
8. Striving for perfection; believing work needs to be 'perfect'.

The Vicious Circle



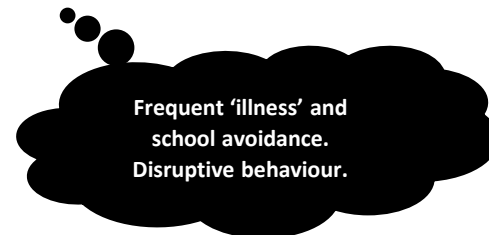
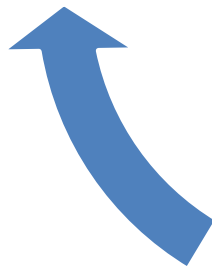
Thoughts



Body

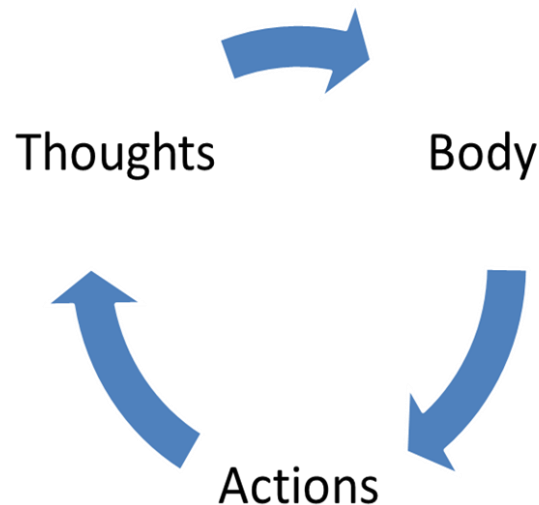


Actions



The Vicious Circle Task

- In your pair / group, create a fictional child (or use your own if comfortable) and draw them on your flipchart paper.
- Then, using the previous cycle, come up with their thoughts, body and actions.



Steps to Positive Self Esteem

- **Step 1:** Communicate with clarity and positivity
- **Step 2:** Everyone on the same page
- **Step 3:** Provide consistency and accountability
- **Step 4:** Allow them to experience the natural consequences that arise from their choices
- **Step 5:** Learning from our failures and shortcomings
- **Step 6:** Encourage good behaviour and avoid reinforcing bad behaviour
- **Step 7:** Provide opportunities for your child to succeed
- **Step 8:** Love them anyway
- **Step 9:** Understand and implement positive affirmations and self talk
- **Step 10:** Understand and express emotions

PART 2



- PRACTICAL TIPS AND STRATEGIES FOR BUILDING POSITIVE SELF-ESTEEM

Common Errors

- x Using praise for even the slightest accomplishment.
- x Ignoring failure.
- x Avoiding competition.
- x Removing expectations and accountability.
- x Making excuses for our children.
- x Not allowing children to experience or deal with failure or negative consequences.

Step 1: Communicate with Clarity and Positivity

- ✓ Set clear, realistic goals.
- ✓ Explain your expectations step-by-step and what you want / expect as the outcome.
- ✓ Provide positive acknowledgement and appreciation for a job well done.
- ✓ 'I want' and 'if' and 'then'.

Step 2: Everyone on the Same Page

- ✓ Clear rules and expectations from all care-givers.
- ✓ Eliminate inconsistency.

Step 3: Provide Consistency and Accountability

- ✓ Be definitive in what you say; communicate clearly and in advance whenever possible.
- ✓ Hold children to account and also be accountable for your own words and actions.

Step 4: Allow Them to Experience the Natural Consequences

- ✓ Let them fail!
- ✓ Teach them that actions and choices have consequences.

Step 5: Learning from Our Failures and Shortcomings

- ✓ Help children to understand that failures and mistakes help us all to learn and grow; failure can be our best teacher!
- ✓ Teach them that if they are willing to recognise what they learn from an experience, they can then think about what they can do to improve and make a better choice next time.
- ✓ Events or experiences happen every day and ultimately, our response to those events will determine the outcome.

Step 6: Encourage Good Behaviour and Avoid Reinforcing Bad Behaviour

- ✓ Catch them being good!
- ✓ Show appreciation and express thanks.
- ✓ Positively reinforce their efforts, even when they don't get it right.
- ✓ Avoid negative reinforcement.

Idea: Notice the Good Things

- Each day – perhaps when all of the family are together or at bedtime – thank your child one thing e.g. *“Thank you getting in your pyjamas straight away. That makes me feel very happy that you listened first time”*.
- Try to verbally share one thing that you “caught them being good” for.

Step 7: Provide Opportunities for your Child to Succeed

- ✓ Allow children to make choices from an early age, within reason.
- ✓ As they become older, their choices will become riskier, but remember that this is part of their child development.

Idea: Celebrating Strengths & Feel-Good Moments

- Each day or week, ask all of the family to write one thing on a post-it that they felt proud of themselves for / felt good about (if they can't write this down yet, parents could write for them or they could draw a picture instead).
- Stick the notes in a public place, for example, on the fridge.
- When the surface is full, store the notes in a jar and reflect back on your individual successes, then start again.

Step 8: Love Them Anyway

- ✓ Detach from the outcome.
- ✓ Separate the behaviour from the child e.g.
“I might not like what you did, or the choice you made, but I love you”

Constructive Criticism Task

- Use the handout on destructive versus constructive criticism to come up with alternate ways of using language to provide criticism.
- Feedback.

Step 9: Understand and Implement Positive Affirmations and Self Talk

- Use 'I am', 'I can' and 'I will' to develop self belief and confidence.

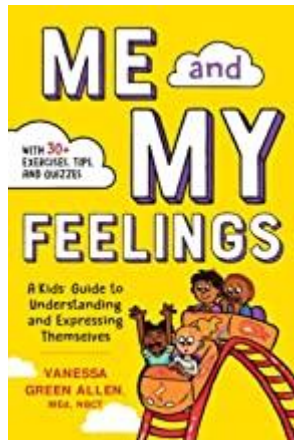
Positive Affirmations Activity

- Start with the letter A. Come up with as many adjectives beginning with the letter A as possible, then choose at least one that you think holds true for you and ask your child to do the same.
- Stand up and say this out loud / to a mirror / in the car with your child.
- Then move to B and so on; you could do this as a game in one go and alternate letters or choose a different letter each day.

Step 10: Understand and Express Emotions

- ✓ Teach children to identify and understand their different emotions, but to also to express them appropriately.
- ✓ Allow children to externalise their internal feelings and therefore, process them in a positive way.

Understanding & Identifying Emotions Resources:



Self Esteem Ladder Resource:

The Self-Esteem Ladder

Expectations lead to accountability



Accountability leads to responsibility



Responsibility leads to choices



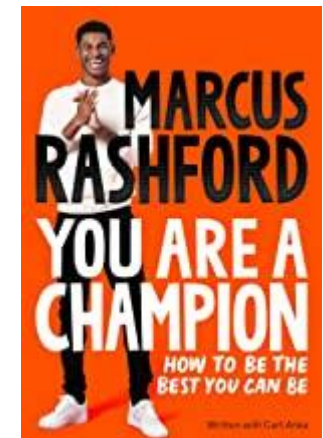
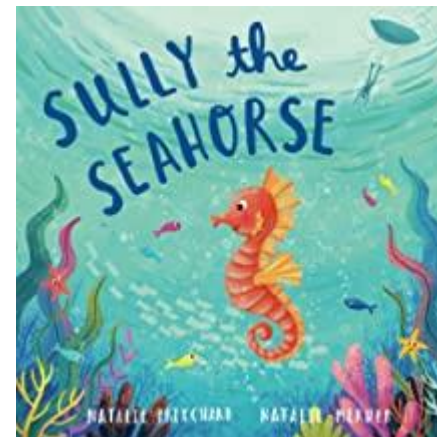
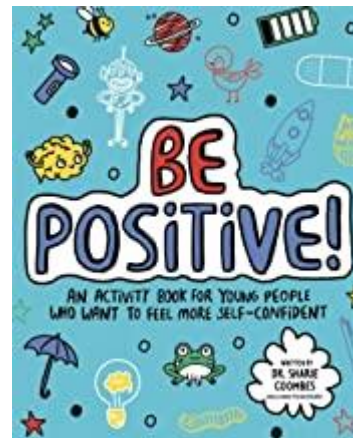
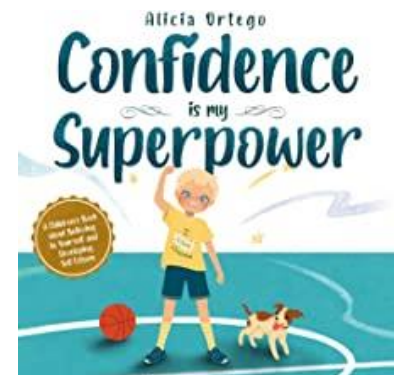
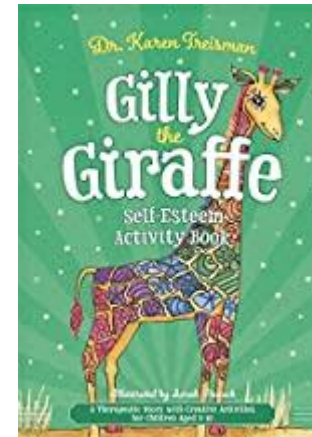
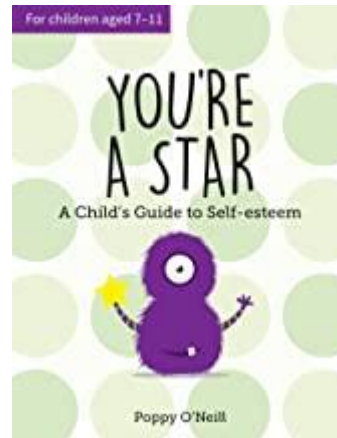
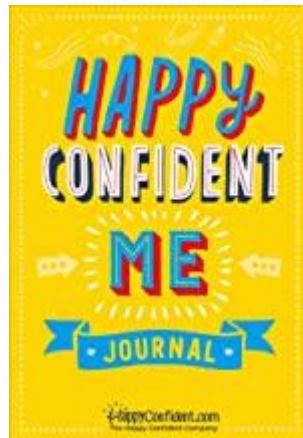
Choices lead to rewards or consequences



Consequences lead to critical thinking



Books / Journals:



Further Resources:

Article on resilience and self-esteem -

<https://www.additudemag.com/teaching-resilience-to-adhd-children/?fbclid=IwAR2sOcBTRtTjfDEJPBGwVSk9lLEaKspa3RVNt7fhp9Vu-NfMwgC1hzwzl5M>

Ted Talk tips for self-esteem - <https://ideas.ted.com/5-ways-to-build-lasting-self-esteem/?fbclid=IwAR108pdyIWAdU31g8mnLDPRKofatKFtLuMAoIecPpxPDEaVON0PQI6Yc0-Q>

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Resources for parents to help with confidence and resilience -

<https://www.yesfutures.org/resources-for-parents>

Dove self-esteem project - <https://www.dove.com/uk/dove-self-esteem-project.html>

Feedback Forms

Please complete the feedback forms that are on your table.



Many thanks for your time 😊