

BUILDING YOUR CHILD'S SELF-ESTEEM

This fact sheet has been written by parent carers for parent carers



Growing up brings additional challenges for our children, so it is really important that we help them to feel confident and build their self-esteem. Feeling comfortable with who they are, knowing that their views matter, and feeling valued by those around them can help children to grow into happy adults. This fact sheet will give you some tips on how you can build your child's self esteem, as well as giving you links to other organisations where you can find more detailed information and support.

What is self-esteem?

Having good self-esteem means feeling comfortable with who you are as a person – liking who you are and being happy with the choices you make. Good self-esteem allows us to value the positive things about ourselves while being realistic about our limitations. It helps us to feel confident that our feelings and opinions are valued and respected by other people, and that our lives are worthwhile and fulfilling. Having good self-esteem also allows us to take problems in our stride, so that one setback does not mean that we feel like failures in other areas of our lives.

Building self-esteem

There are many ways that you can help to build your child's self-esteem. Here are some of the things that will help them to feel good about themselves:

- **Celebrate successes**, no matter how small, and make sure your child knows how proud you are of everything they have achieved. Remember to praise effort and giving things a try, as well as success.
- **Encourage your child to take part in an activity or club that they like**: the feeling of belonging to a group can help them to build their sense of self and improve their confidence.
- **Praise them every day** – even something as simple as congratulating them for making a good choice will make them feel good about themselves.
- **Remind your child of the fact that everyone is different and that this is OK**. It can be really helpful to find positive role models for your child to relate to. Look out for news articles and photos that you can share with them.
- **If things go wrong, remind your child of all the things that they do well**, and reassure them that it is okay to make mistakes and that each mistake people make helps them to do better next time.
- **Take time to listen to your child and value their opinions**, even if they are different to your own.
- **Allow your child to practise voicing their opinion in the home environment**. This will give them the confidence to speak up at school, or in meetings with professionals.
- **Help your child to make their own decisions**. Start when they are young, with simple choices, such as which top to wear. If they find it tricky, you can narrow down the options for them: "Do you want to wear the blue one or the red one?"



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- **As your child gets older, encourage them to experiment with clothes and their hair** – helping them to develop their own identity by trying out different looks and building their own style can also boost confidence.
- **Teach your young person to be assertive with others.** Give them the confidence to deal with people who ask them questions about their disability that they may not want to answer. For example, tell them that it is okay to change the subject if they do not feel comfortable.
- **Encourage your child to try new clubs and activities** – taking part in things that they enjoy and are good at really helps to build confidence and self-esteem. It's also good for practicing social skills, which again is great for self-esteem.
- **Teach your child life skills** – this could be anything from deciding what's for dinner to watering plants or even helping you to plan a journey. Each skill they have will boost their confidence and their independence.

Ask about

- **Amaze SENDIASS** (Special Educational Needs and Disability Information, Advice and Support Service) offers impartial, confidential advice on anything to do with special educational needs and disabilities for 0 to 25 year olds. Parents, carers, children and young people under 25 with SEND living in Brighton & Hove or East Sussex can use the service. Email sendiass@amazesussex.org.uk, call 01273 772289 or visit our website at <https://amazesussex.org.uk>
- **Amazing Futures peer support and activity groups** for young people aged 14-25 in Brighton & Hove and East Sussex. Our fun, friendly groups offer activities like board games, art, drama and running, and young people can make friends and get support from other young people who are trained as peer supporters. To get full details of the groups in each area and find out more, visit <https://amazesussex.org.uk/young-people/groups/peer-support-groups/>
- **Advocacy services** can help disabled children and young people be heard. **Brighton & Hove's Youth Advocacy Project** offers advocacy for children and young people with a disability. Call 0800 0524 280 or go to: www.bhyap.org.uk/your-zone/what-advocacy. **Brighton & Hove Speak Out** offers advocacy for young people aged 17+ with a learning disability Call 01273 421921 or visit their website: www.bhspeakout.org.uk. **POWHER East Sussex** is for disabled children and young people up to their 19th birthday (0300 456 2370 or visit <https://www.pohwer.net/east-sussex>). **Asphaleia Care** offer advocacy to under 18s who have an East Sussex County Council social worker. Call 01323 324010 or visit their website at asphaleia.co.uk/ivandadvocacy.
- **e-motion** - free online counselling service for 12-18 year olds in East Sussex. To get support, visit <https://www.e-motion.org.uk/>
- **e-wellbeing** – specialist website, run in collaboration with Sussex CAMHS, to support children and young people with their mental health across Sussex. <https://e-wellbeing.co.uk/>
- **i-rock advice and support** - advice and support on emotional and mental wellbeing for 14-25 year olds in East Sussex. Virtual drop-in 11am to 6pm, Monday to Friday and limited number of face to face appointments. Email: rockhastings@gmail.com.



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- **Safety Net** – work with children aged 8-16 in Brighton & Hove via their anti-bullying and assertiveness projects. The Safety Net Kids website: www.safetynetkids.org.uk offers advice for children on safety, wellbeing and assertiveness. Call: 01273 411613.

Further information and useful links

- **Contact** – this national charity supporting families with disabled children has information covering topics such as growing up, relationships, and building self-esteem. Go to contact.org.uk or tel: 0808 808 3555.
- **Changing Faces** - helpful guidance for parents of children with visible differences or disabilities <https://www.changingfaces.org.uk/advice-guidance/children-parents-families/parents-families/your-child-visible-difference/how-build-childs-self-esteem-confidence/>
- **Family Lives** – their website has advice about building children's self-esteem. Go to www.familylives.org.uk or call their helpline on: 0808 800 2222.
- **Jessica Kingsley Publishing** – produces many books for children and young adults covering a variety of topics around growing up with a disability, and also supporting children and teens to raise their self-esteem. For more information go to: www.jkp.com
- **Local Offers:** each local authority has an online directory of all the services that are available for children and young people with SEND and their families locally. See <https://eastsussexgov.uk/localoffer> or <https://www.brighton-hove.gov.uk/special-educational-needs-and-disabilities>
- **Young Minds** - lots of mental health advice and resources including advice on self-esteem <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-esteem/>

