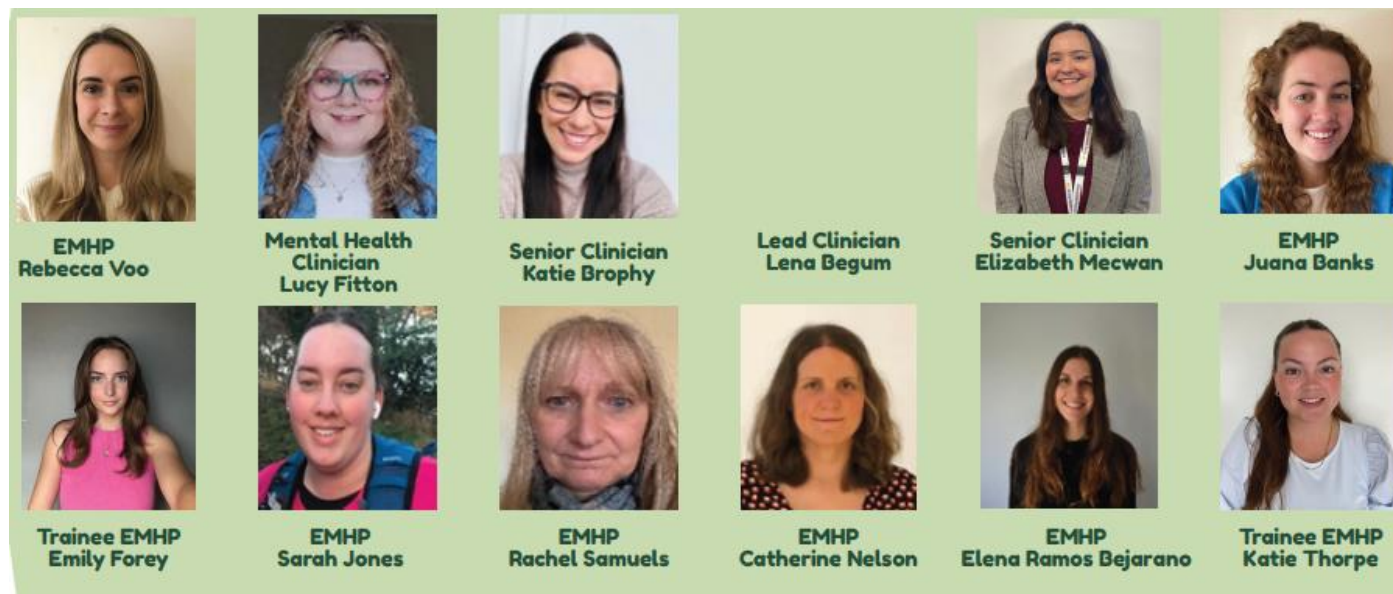
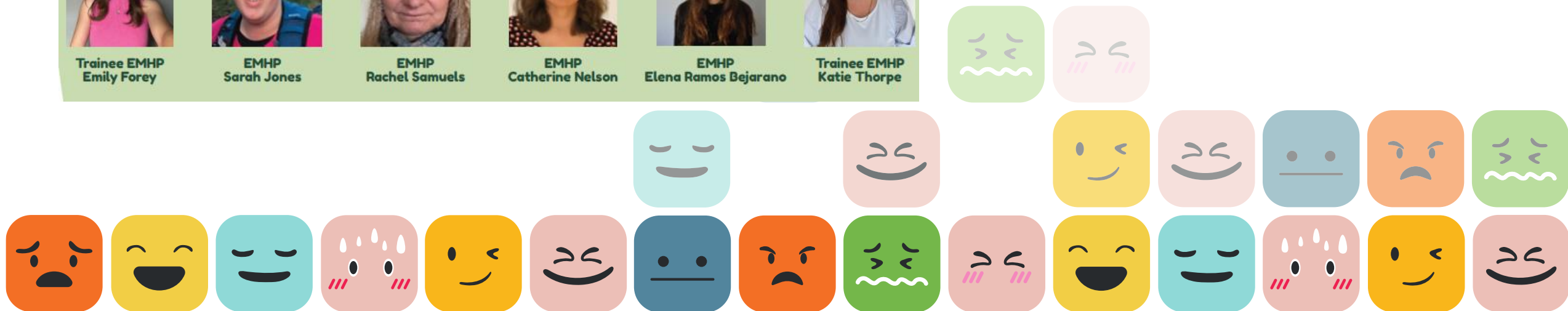


# Building your child's self esteem and resilience





# Your Mental Health Support Team



What is self esteem?  
What would this look like in a child?

What is resilience ?



# Resilience:

Resilience is the ability to overcome obstacles and develop independence.

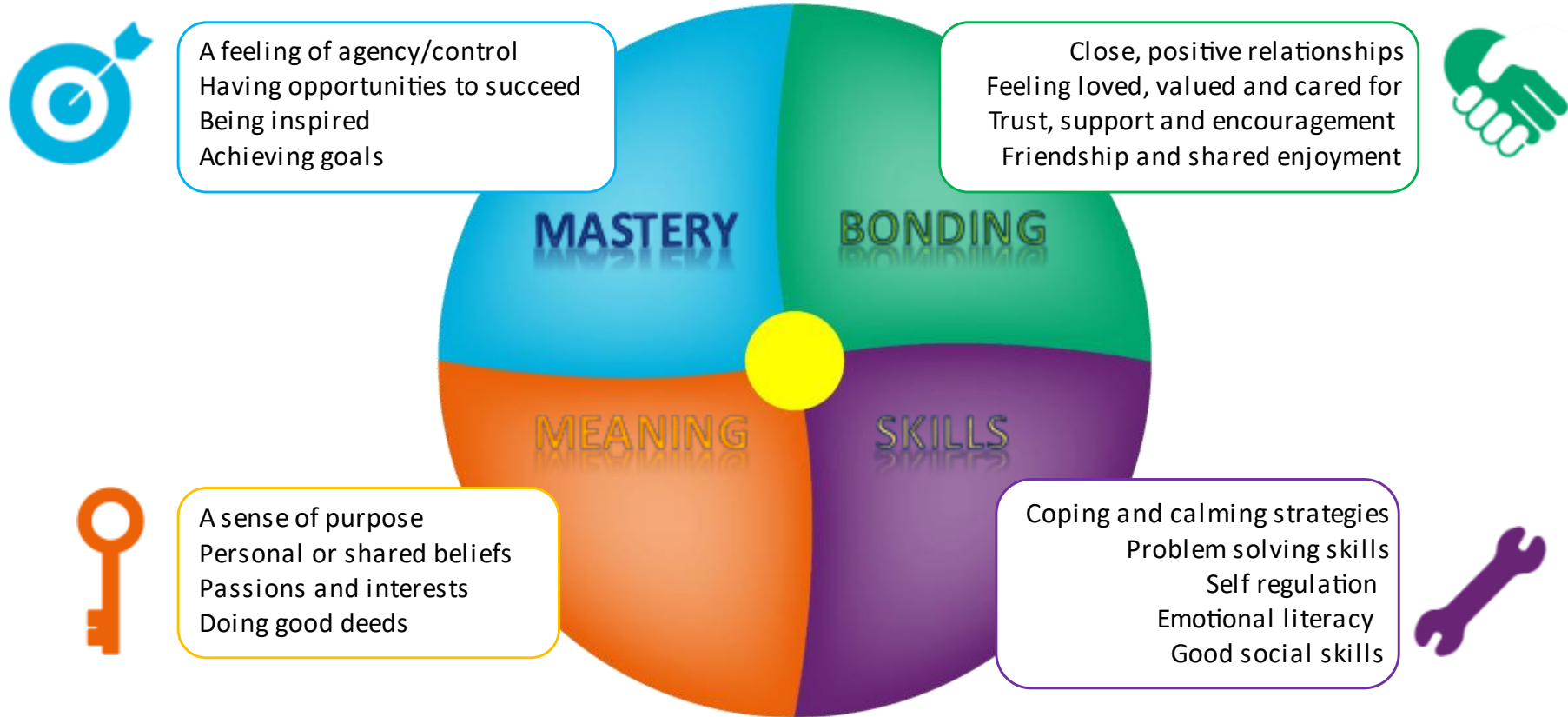
Resilience is not something a person is or isn't. We are all resilient as human beings, if we have support structures in place.

How we recharge, not how we endure.

Allowing yourself to recognise when you need to slow down or say no.



# Resilience Ball Framework



# Mastery

- Having a sense that they are good at something- or working towards something, can really help increase a child's self esteem. Think about what your child enjoys or is good at - how can you invest more in this area?
- Giving children areas they have control of



# Bonding

- Feeling valued is so important for a child's self esteem
- Friendships outside of school as well as in school - then if one area struggles, they have friends in other areas.
- Shared activities can help with bonding- what is your child interested in? how can you join that interest? Or let them tell you about it
- Shared activities such as colouring together or building lego together



# Meaning

- A sense of purpose
- Can be religious or spiritual
- Being part of a family unit or community
- Age-appropriate responsibilities
- Knowing themselves – having interests and pursuits



# Skills

- Does your child have the skills they need to be resilient?
- Perhaps they want to socialise more but struggle with social skills? Anxiety or worries get in the way? Do they know how to calm down when upset? Problem solving skills?



## Growth mindset:

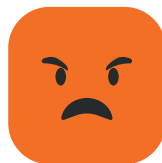
- Speak about your own successes and failures in a way that **models** growth mindset.
- Talk about how you have learned from your own mistakes and difficulties
- Focus on (and praise) the **process** of learning, rather than the product.
- Encourage focus on their own progress and discourage comparisons with others



The power of yet....



# Power pose



# Modelling confidence:

1. **Being a good role model.** Young people are influenced by what we do/do not do, and therefore it's important we show them that it is normal to feel nervous/anxious in certain situations. By giving things a go, they can in turn, develop their confidence. It's also important to model positive behaviours so that children can develop their emotional intelligence.
2. **Being curious.** By modelling curiosity, children can learn that they can adapt to different situations, and this will help them to develop a growth mindset and resilience overtime.
3. **Be careful of talking badly about yourself or others in front of them**



## Managing your own anxiety:

- Children learn how to think about the world from the people around them. If a parent thinks about the world in an anxious way, this may encourage a child to do the same.
- Therefore, if we can encourage a child to challenge their anxious expectations and approach situations in a different way, a child can develop a new perspective and overcome their fears and worries.



Trigger: Sarah's parents spot a spider in the room

Sarah's parents' anxious expectation:  
*She's going to freak out*

Sarah's parent behaviour:  
*Quickly try to remove the spider  
from the room.*

Sarah's parent physical response:  
*Look concerned*

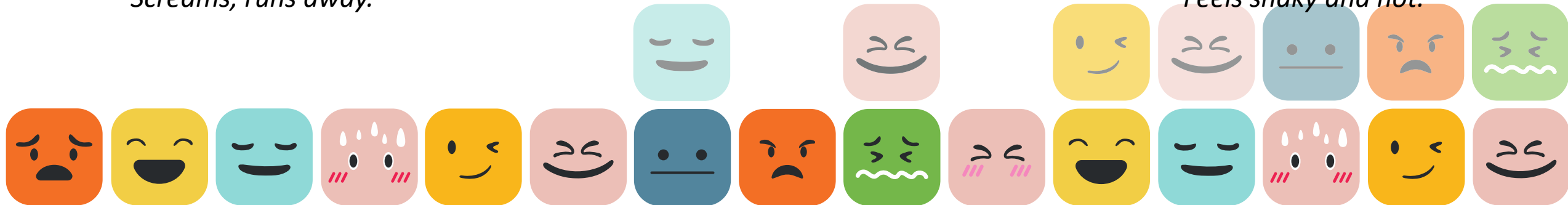
↓  
NO OPPORTUNITY TO TEST THE  
FEAR

↓  
GIVES MESSAGE THAT THIS IS  
DANGEROUS

Sarah's anxious expectation:  
*Spiders are dangerous*

Sarah's behaviour:  
*Screams, runs away.*

Sarah's physical response:  
*Feels shaky and hot.*



# Making Praise Effective:

1. Sincere and specific
2. Given immediately after the behaviour has occurred
3. Focus on mastering skills not comparing to others
4. Avoiding criticism
5. Avoid waiting for perfection to praise
6. Focus on effort



## Is this praise effective or not?

“Thank you for helping me load the dishwasher. Why can’t you always do it like that?”

“Well done for that!”

“Thank you for hanging up your blazer straight away.”

“Brilliant, you’re so much better than your sister at cleaning your room.”

“You are trying so hard with that piece of homework, well done.”



## Summary:

1. The resilience ball can help parents to think about areas their child might need support with, to help build their confidence and resilience
2. It's important to encourage children and young people to 'give things a go'
3. Modelling confidence is important as children are often influenced/copy those around them.
4. Praise when done correctly is an effective way in which we can acknowledge a young person's efforts and achievements.



## Further resources / Support:

1. Hampshire camhs website

[Parents & Carers – CAMHS](#)

2. YoungMinds

<https://www.youngminds.org.uk/>

