

PROUD TO BE ME

How to support your child boosting their self-esteem

Useful Apps:



HappiMe



SuperBetter



What's Up?



Fabulous - Daily Routine Planner



Stop, Breathe & Think Kids

Unless stated otherwise, apps are not supplied by the NHS and the NHS is not liable for their use.

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WHEN TO BE CONCERNED?

It is common for young people to lack confidence from time to time as they develop through childhood and adolescence.

When to be concerned:

- If the degree to which a young person feels low appears out of context or disproportionate to the reason why they might be feeling low
- If episodes are more frequent or prolonged and cause the young person distress
- If it impacts on their ability to cope with everyday life such as going to school, seeing friends or taking part in leisure activities

WHAT TO DO:

- Notice, comment, encourage and praise: individuality, personality, characteristics, morals, values, ethics, behaviour, skills, effort, passion, goals, ambition, friendships, hobbies and interests
- Role model being kind to yourself and prioritising self-care needs
- Encourage acceptance, kindness and compassion towards others and themselves
- Let them know they should not be afraid to voice their ideas and opinions. It's ok when people disagree, we all see things differently
- Role model and normalise making mistakes. Let them know you value effort rather than perfection and encourage them to try new things regardless of the outcome
- Help children discover and develop their talents, through clubs, groups and activities
- Help children understand that skill acquisition takes time so when they say "I can't do it" - add in "yet" so it becomes "I can't do it yet"
- Watch a parent/carer workshop on how to boost body image and self-esteem; youtu.be/agijF6H2u6w
- There is a lot of information on the Sussex CAMHS website: sussexcamhs.nhs.uk/help-support/parents-carers/body-image-self-esteem/

WHAT MIGHT IT LOOK LIKE?

- Comparing themselves negatively to other people (appearance, academic success, sporting ability etc.)
- Being self-critical and struggling to identify or accept personal positive qualities, traits, characteristics or successes
- Dismissing or discounting positive feedback from others
- Belief that others do not have genuine positive intentions towards them (e.g. they are only speaking to me to get something from me/to be polite/because they have to not because they genuinely want to)
- Not sharing opinions or preferences - not believing these are important or equal to others' (can lead to agreement to do things they don't really want to do)
- Making assumptions that acts of injustice are deserved (that bad things that happened to me are because I am a bad person/I deserved it)
- Taking personal responsibility for things beyond their control
- May experience reluctance to try new things due to anxiety
- Episodes of low mood
- May experience difficulties making and maintain friendships
- May have traits of perfectionism and struggle with making mistakes, real or perceived failure
- Worry about letting other people down

#Recipes4wellbeing



sussexcamhs.nhs.uk