



**BEDFORD**  
BOROUGH COUNCIL



# Early Years

# Ready family

# Ready child

Supporting Self-Esteem





## Supporting Self-Esteem:

To help your child to be high self-esteem you can

### **Boosting Self Esteem:**

Your child needs to know that they are loved and cared for simply because ‘they are’. They must not learn that in order to gain your approval or praise, they must always achieve. This can generate a real fear for children; to be frightened of failure, as they worry if they fail then they will not get your approval, praise, nor will they feel a sense of belonging or love.

Praise the willingness of your child to have a go, for instance if they are trying something new. Let them hear words such as “I love that you gave it a go, I am so proud of you, and love you so much”. Avoid questions such as “can you count these for me?” because you are putting pressure on them if they can’t do it, it might make them feel they have failed your expectation. Could you rephrase it to, “shall we count these together?”



You are not always going to be with your child, particularly when they are in school, so they will also need to know how to mentally, ‘pat themselves on the back’ rather than always be reliant on an your approval or praise. You can support them with this by asking them after they have had a go, “how are you feeling, are you pleased with yourself?”

Even young children need to know that life is full of ‘ups and downs’ and that it is okay if things do not go as planned. Children with low self-esteem tend to give up easily and get upset when things do not go as planned. You can begin to support your child with this by showing them what you do, when things do not go as planned. For instance, it starts to rain and you had a planned picnic with your friends and their children in the park. Your child is looking forward to the outing. You could show your child that you can find a solution together e.g. have a picnic inside. It is okay in these type of situations to acknowledge both of your frustrations but gently steer your child to find an alternative.

Take an interest in their interests. First, you will need to identify their interest, what makes them happy, what are they engaged in. Join in with them and ask them “what is happening here?”, “can I join in too?”. Alternatively, “Can I sit and watch you play it looks really exciting?” Plan time without any distractions to join in with them, it shows them you value their play and helps to boost their self-esteem and build their sense of self.

Focus on what your child is confident doing rather than constantly challenging them to be better at things with which they are not so confident. Once your child is more confident and has an increased level of self-esteem, they will naturally want to try new things with more challenge. The mind is a powerful tool and if your child believes in themselves, then the opportunities to grow and develop are endless.

If you want to learn more about self-esteem and the ‘self’ then visit [Sense of Self \(Gov UK\)](#) It explains how a child who has a sense of ‘self’ will be able to challenge themselves, and how it supports their independence, and self-esteem.

### **Where else can you get ideas and support?**

If your child is not in a setting yet, you can search for suitable childcare (Early Years education) in the comfort of your own home by using our [Childcare Local Offer](#). If you need further support then our [Family Information Service](#) can help you to find suitable childcare.

To help you make an informed decision on the right childcare setting we have some questions that you might want to consider when you make contact with the Early Years Setting ([link here](#)).

If you want to know how to pay for the childcare (Early Years education) then visit the Governments website [Childcare Choices](#) that will provide you with choices on how to pay for the childcare (Early Years education).

Our Children Centre's can also provide you with a timetable of their play and stay sessions here [Children Centre](#).