



SUPPORTING SELF-ESTEEM



What is self-esteem?

Self-esteem is a child's attitude towards themselves, an overall sense of well-being.



Why is self-esteem important?

- Healthy self-esteem motivates children to reach their full potential.
- When children feel valued and important they will take care of themselves and make good decisions.
- Self-esteem supports smooth transitions.

Benefits of healthy self-esteem

- increases self-confidence
- improves motivation
- develops resilience and perseverance
- supports mental health



Positive self-talk is vital. The way we talk to children becomes their **inner voice**.

I can do it!



Key influences on self-esteem

- **Significant others** – parents, practitioners, peers
- **Home** – love and affection, attention, security
- **Enabling environments** – interesting and relevant curriculum, positive ethos, consistent routines

Enhancing self-esteem:



A child needs to feel secure

So the adult needs to:

- build trusting relationships
- be consistent
- set appropriate limits and safe boundaries
- create an emotionally enabling environment



A child needs to feel valued

So the adult needs to:

- be genuine - show unconditional acceptance
- demonstrate professional love
- display a non-judgemental attitude
- value schematic play



A child needs to experience success

So the adult needs to:

- have realistic expectations
- praise effort and real personal achievements
- set appropriate challenge and scaffold learning
- provide positive feedback from mistakes



A child needs to maintain control

So the adult needs to:

- promote independence and model problem-solving skills
- empower children to make choices
- encourage appropriate risk taking
- enable children to take responsibility



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