

## Parent responses to *developing self-esteem*

Praise her achievements and reassure her that it's ok to make mistakes and to carry on from there. Trying something new is an adventure and exciting!

I tell him he's awesome – not just clever – but kind, thoughtful and caring. Make sure his life is at least somewhat balanced, sport-reading-playtime, not just ipad, school and homework. We try to make sure we don't talk negatively about each other or ourselves – that's a habit my kids don't need to learn

Praise effort, tell them are interesting with good conversation; make mistakes and let them see it's ok;

As much as we think she is cute and others tell her so, we make a conscious effort to tell her about her other qualities – 'you are so curious, a great observer, patient, positive' etc

Congratulate him for his effort on his subjects and his marks when he really has put the hard yards in. Encourage achievement in other areas eg outdoors which has allowed him to build his self-esteem. He is not sporty, but can now walk long distances, cycle 50km, cross county etc. It is not about winning – participation is key!

Provide opportunities to things on their own – making breakfast, packing bags, being responsible for a pet, helping a sibling, shopping etc

Listen. Accept. Normalise their norms. Allow them to be themselves and don't be critical of their interests

He already seems self-confident so my focus is on empathy, consideration and resolution

Be present and work towards acknowledging needs amongst competing demands. Be aware that friendships are not always easy if you think differently to your age-peers

Lots of discussion – if they are feeling low, what's causing this, how can we make you feel better, problem solve