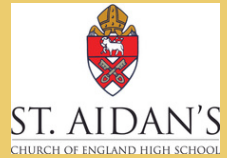


WELLBEING NEWSLETTER

Creating happy, resilient families



In this New Year edition we talk about developing self-esteem and confidence

What are some top tips to Improve Your Childs Self-Esteem?



As a parent, it's only natural to want your child to feel confident and happy in their own skin. One way to do this is by helping to boost their self-esteem. Here are a few tips to get you started:

1. Praise their efforts, not just their achievements - Let your child know that you're proud of them for trying, even if they don't succeed. Problem solve together on how to reach those goals next time. It helps them to see that they are valued for who they are, not just what they can do.
2. Encourage independence - Give your child opportunities to make their own decisions and take responsibility for their actions. This can help them to feel more capable and confident in themselves.
3. As a parent, demonstrate how to handle challenges. Stress and difficulties are a normal part of life, show them how to problem solve thoughtfully and calmly as much as possible.
4. Practice positive self-talk - Encourage your child to talk to themselves in a positive way, especially when faced with challenges or setbacks. This can help them to develop a more resilient mindset and situations.

By taking these steps, you can help your child to develop a strong sense of self-esteem and confidence that will serve them well throughout their lives.



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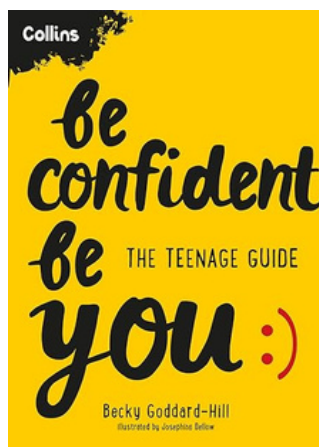

Helpful
Websites!





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Useful Books & Podcast



This positive and insightful guide gives you the tools to build your confidence, overcome low self-esteem, and embrace opportunities in all areas of your life.

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You Are Only Just Beginning: Lessons for the Journey Ahead (Morgan Harper Nichols Poetry Collection)

[CLICK HERE](#)

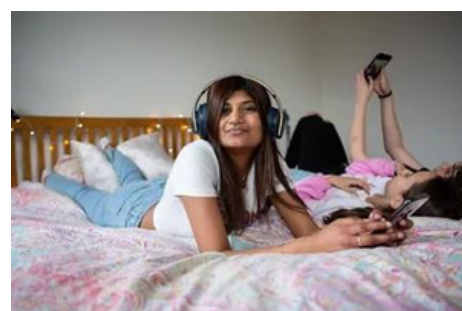
Podcast - Creating positive self esteem

NEW
PODCAST

USEFUL LINKS

BRING OUT THE BEST IN YOU

SELF-ESTEEM IS HOW YOU THINK AND FEEL ABOUT YOURSELF. BEING CONFIDENT MEANS BEING COMFORTABLE WITH HOW YOU LOOK AND HOW YOU FEEL. AND IT MEANS FEELING GOOD ABOUT YOURSELF, YOUR ABILITIES AND YOUR THOUGHTS.



Mind

What is self-esteem?

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence.

