

We Care Parent Newsletter: Your Child's Self-Esteem

SUPPORTING YOUR CHILD

Self-esteem is the way a person evaluates his or her own abilities and worth. Children are affected by how much they feel accepted, liked, and loved especially by those who are close to them. When we as parents and caregivers express unconditional love and acceptance for the children in our lives we are helping secure a sense of self and building up their self-esteem.

Tips for Parents/Caregivers

- Tell your child it is okay to make mistakes (many people do!).
- Tell your child you love them no matter what (either verbally or give them a hug and a smile).
- Tell your child you are proud of them and why you are proud of them.
- Provide your child with plenty of stimulation and encourage them to try new things (mix up the daily routine with a new family activity or try making a new dinner dish together).
- Try the activities with your child to help show your support and willingness to improve your skills too!

Parent-Child Connection (discussion question for you and your child)

- How are you unique from your friends?
- If you are feeling down, how could you make yourself feel better?
- If you see someone else who is feeling down, how could you help them feel better?



Questions?

If at any point you have any questions or concerns about We Care Elementary, please contact the We Care Elementary Team at:

**Prevent Child Abuse
Vermont**

Montpelier, VT
802-229-5724
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Activities that Build Self-Esteem in Children

- Have your child create a collage that represents all of the wonderful things about themselves.
- Write a positive message about your child on a Post-It and place it on their pillow, in their lunch bag, in their shoe, or on the bathroom mirror. Have your child place the Post-It on the fridge or in a journal so they can reflect back on the message.
- Spend time with your child doing an activity of their choice. This will help them feel appreciated and loved.

Curriculum at a Glance

Third Grade

1. Program Introduction and Safe Spaces
2. Self-Esteem
3. Support Systems and Understanding Feelings
4. Recognizing and Responding to Feelings
5. Body Language and Mixed Messages
6. Wrap-Up

Fourth Grade

1. Program Introduction and Safe Spaces
2. Trusted Adults and Asking for Help
3. Recognizing Feelings in Ourselves
4. Personal Boundaries
5. Mixed Up and Confused
6. Wrap-Up

Fifth Grade

1. Program Introduction and Safe Spaces
2. Empathy
3. Recognizing Others' Boundaries
4. Asking for Permission
5. Coping and Accepting No
6. Wrap-Up

Sixth Grade

1. Program Introduction and Safe Spaces
2. Sexuality
3. Sexual Harassment
4. Body Language
5. Adult Support and Resources
6. Wrap-Up