



Parent Talk Series

Night 2:

Promoting Positive Self Esteem

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&

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Agenda

- ❑ Quick review of self-awareness
- ❑ What is self esteem
- ❑ What is self confidence
- ❑ How are they related?
- ❑ Effects of low and high self-esteem
- ❑ How to promote positive self esteem at home
- ❑ Discussion

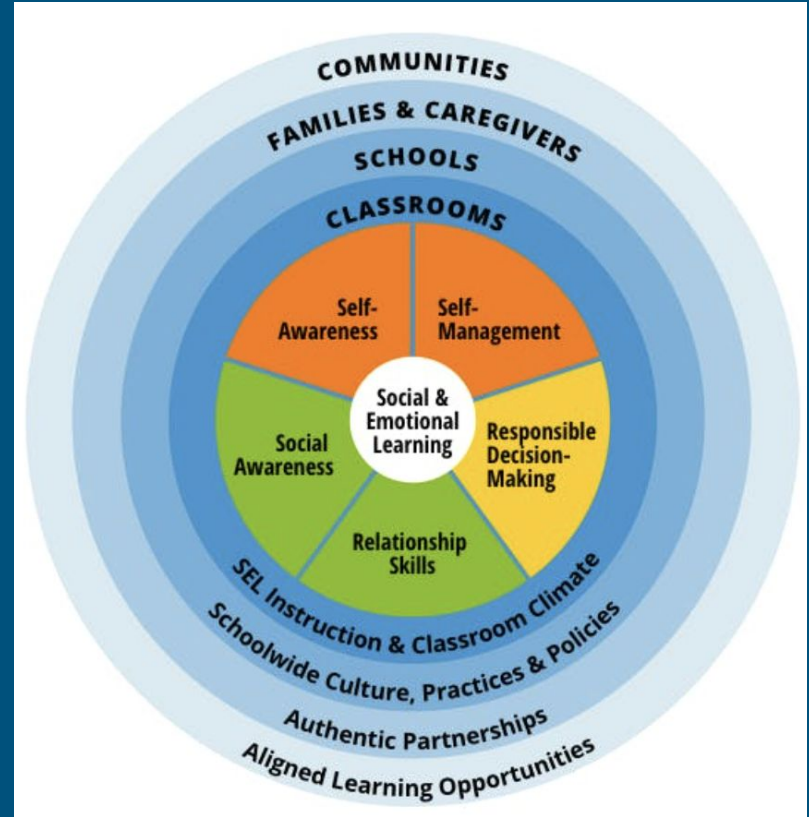
What is Social Emotional Learning?

The process of learning:

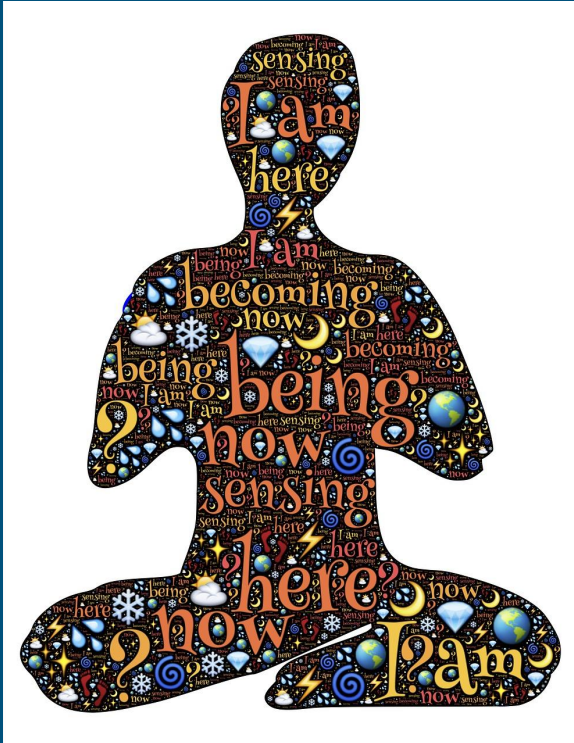
- Social awareness
- Self-awareness
- Self-management
- Responsible decision-making
- Relationship skills



Collaborative for Academic, Social, and Emotional Learning (CASEL)



Self Awareness



- The ability to understand one's own emotions, thoughts, and values and how they influence behavior.
- Accurately assessing one's strengths and limitations, as well as having and developing confidence and optimism.

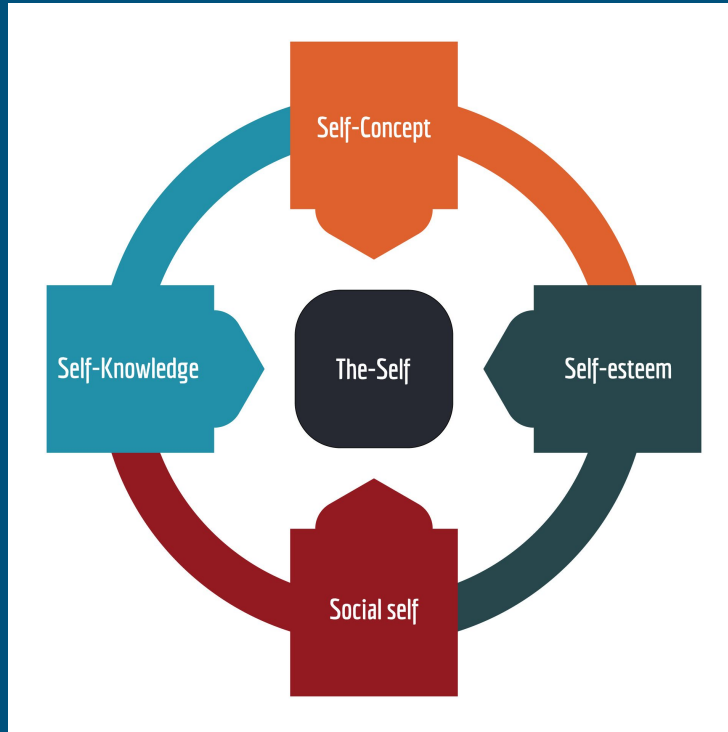
Self Identity

Self-Concept:

- Cognitive or descriptive component of one's self
- “Who am I?”

Self-Knowledge:

- Understanding of one's own capabilities, character, feelings, or motivations



Self-Esteem:

- How one values or perceives one's self

Social Self:

- How one perceives oneself in relation to others

What is Self-Esteem



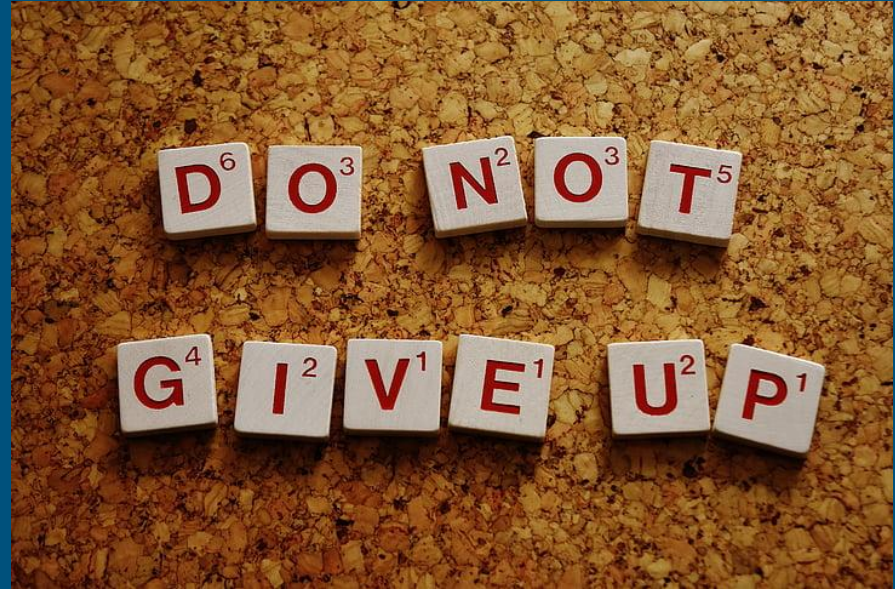
- Self esteem refers to the positive overall evaluation of oneself
 - feeling like one is competent to cope with life's challenges and is worthy of happiness

Self esteem is what we *feel* about ourselves

"I accept and respect myself"

What is Self Confidence

- Self confidence is the measure measure of faith is one's abilities.
- Children who demonstrate high self confidence tend to take on more challenges.
- We also see them take more responsibility for their actions.



Effects of Low Self Esteem



- Assume they are not good at something and others will not want to play with them
 - Struggle with asking others to play
 - Feel as if they are not good at the skill and assume others care about this
- Focus on the negative
 - Struggle with thoughts surrounding what negative thing will happen
 - Struggle with identifying positive thoughts
- Struggle with making mistakes
 - "I can't do it all"
 - "I'm not good enough"

Effects of Positive Self Esteem

- Feel respected
- Are resilient and feel proud even when they make a mistake
- Have a sense of control over activities and events in their life (agency)
- Act independently
- Take responsibility for their actions
- Are comfortable and secure in forming relationships



Remember: Mistakes are ok!

- When a mistake is made (or experiencing a setback), adults are able to take a step back and see how they can improve and try again
 - A mistake might feel big in the moment, but one can learn from it
- Grade schoolers do not have this skill just yet and need support in experiencing setbacks and how to get back up



How to promote positive self esteem at home

- Help them make progress towards a goal
- Challenge their unhelpful thoughts
 - What proof do you have that the negative thought is true?
 - How likely is that *worry/thought* going to take place?
 - Can you come up with a plan if it were to happen?
- Encourage them to make their own age appropriate choices (Autonomy and trust in self)
- Support them in feeling their emotions
- Allow them to make mistakes and experience accountability



How to promote positive self esteem at home



- Get involved in activities
- Model positive self esteem
- Positive affirmations
 - Self
 - Others
- Talk about your own accomplishments
- Roleplay situations that your child is struggling with
 - How to ask friends to join in
 - How to respond to a mistake/failure
- Verbalize the effort your child is demonstrating (not the product)
- “You must feel proud of yourself”



Parent Self Affirmations

- I am a great parent/carer.
- I am willing to learn and grow.
- I have patience when I need it most.
- All my children feel safe and cared for by me.
- I am grateful that I can provide for my children to keep them healthy and feeling loved.
- I love how much joy being a parent brings into my life.
- My partner and I are good role models for our children.
- I am confident and growing in my parenting role.
- Loving myself is the greatest gift I can give to my child.
- I take time to care for my own needs which makes me a better parent.

<https://mindfulparenting.com.au/self-care/self-care-affirmations-for-parents/>



Media

Movies

- Kung Fu Panda
- Ratatouille
- Monsters University
- Trolls
- Inside Out
- Finding Nemo
- Wall-E
- How To Train Your Dragon
- Up!
- Wonder
- Brave
- Zootopia
- Meet The Robinsons
- Encanto

Books

- Stand Tall Molly Lou Melon
- The Dot
- Giraffes Can't Dance
- The Me I Choose To Be
- I Am Enough
- Giraffe Problems
- Red: A Crayon's Story
- A Bad Case of Stripes
- Wonder
- It's Okay To Be Different
- Where Oliver Fits
- I Like Myself
- I Am Going To Like Me



Discussion

- What are your thoughts?
- How do you promote positive self-esteem in your family?

