

# Supporting a Young Person with Low Self-Esteem: Parent/Carer Pack

## Useful Links and Resources

Young Minds Parent's guide to Self-Esteem

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-esteem/>

CAMHS Derbyshire guide for Self-Esteem <https://www.camhsnorthderbyshire.nhs.uk/low-self-esteem>

Dove Self-Esteem Project for Parents <https://www.dove.com/uk/dove-self-esteem-project/help-for-parents.html>

4od Reset and Rewind: Body Image <https://www.channel4.com/programmes/reset-and-rewind/on-demand/71482-004>

## Useful Helplines



Young Minds Parent Helpline

**0808 802 5544**

**from 9:30am – 4pm, Monday – Friday. Freephone.**

**For support around understanding your child's behaviour, and practical advice for the child or young person's main carer.** If you need further help, they'll arrange an independent, experienced professional to call you for a 50-minute telephone consultation within seven days.

**For more information** <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

## How can I help my child with their self-esteem?

### ♡ Show them how much you love them

Show your child lots of love and be positive about them as a person – tell them what makes them special to you.

### ♡ Let them know you value effort rather than perfection

Children can miss out on lots if they don't try because they are too worried about not 'succeeding'. Reassure them it's okay to make mistakes and that it's all part of life. Let them know that getting it wrong is not the end of the world - it happens to everyone and it's how we learn.

### ♡ Encourage them to try new challenges, make plans for things they'd like to accomplish, and celebrate them for it

Phrases like "Well done, that was hard, and you managed it," are good. Make the steps small at first, then increase the challenges.

### ♡ Encourage them to voice their ideas and opinions

Let them know that it's okay when people disagree - and we all see things differently.

### ♡ Set an example

Try to model being kind to yourself when things don't go the way you wanted them to - and show them that you can have a positive attitude when faced with challenges.

### ♡ Ask about the things they enjoy and find rewarding

You could ask them to tell you about three good things that went well during their day.

### ♡ Acknowledge their feelings and help them to express them in words

For example, you could encourage them to say, "I'm upset because..." or "I feel happy when...".

### ♡ Challenge their perception of themselves

When they criticise themselves or their abilities, gently challenge them by letting them know how you see them.

### **Help them to discover themselves and their talents**

It could help to join a club, group or activity. Finding something they are good at, and realising that they can do new things, can provide a huge boost to their feelings of self-worth.

You could also encourage them to express themselves creatively - for example through art, drama or music. Or, they might like to get involved with a voluntary or community project that makes a difference in the world, which could help them to develop a more positive opinion of themselves.

### **Spend quality time together doing things they enjoy**