**LETS TALK ABOUT**

 **SELF ESTEEM**

WHAT DOES SELF ESTEEM MEAN? -

SIMPLY PUT IT MEANS WHAT WE THINK AND FEEL ABOUT OURSELVES.

POSITIVE SELF ESTEEM COMES FROM BELIEVING YOU ARE LOVED, VALUED, APPRECIATED, GOOD, CLEVER, HELPFUL ETC

NEGATIVE OR LOW SELF ESTEEM COMES FROM BELIEVING YOU ARE WORTHLESS, RUBBISH, NOT VERY GOOD AT ANYTHING, HAVE NO FRIENDS, BAD ETC

SELF ESTEEM DEVELOPS FROM THE MESSAGES WE RECEIVE. OFTEN CHILDREN RECEIVE NEGATIVE OR FEW POSITIVE MESSAGES AND THEREFORE THEY FEEL THEY ARE OF NO VALUE, AND SO NOTHING IS IMPORTANT OR IS BASED ON’ WHATEVER’. – THIS AMBIVALENCE ACTS AS A PROTECTIVE LAYER

THESE PAGES HAVE BEEN PUT TOGETHER TO HELP RAISE SELF ESTEEM AND DEVELOP SAFE COPING STRATEGIES.

CHILDREN NEED TO FEEL WANTED AND VALUED

THEY NEED PRAISE AND REASSURANCE

THEY NEED BOUNDARIES AND THE ABILITY TO ASK FOR HELP

THEY NEED TO KNOW FAILURE IS OK

THEY NEED COMFORT AND WARMTH

THEY NEED OPPORTUNITIES TO TRY, EXPLORE AND EXPERIMENT

THEY NEED TO SEE, HEAR, TOUCH AND FEEL THEY ARE IMPORTANT – YOUR JOB IS TO HELP REBALANCE THE MESSSAGES SO THE CHILD CAN –

* BE SAFE.
* BE HEALTHY
* BE HAPPY
* BE EMOTIONALLY CONFIDENT AND SECURE
* TRY AND SUCCEED
* ACHIEVE AND HAVE A FUTURE

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