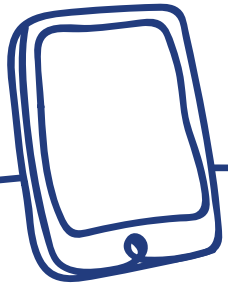


## For further support

If you're worried about your child's wellbeing, you can talk to the school or your doctor, or visit the Mind website for information about support options for young people.

For more ideas and information on looking after your child's self-esteem visit [mind.org.uk/youngpeople](http://mind.org.uk/youngpeople)



[mind.org.uk](http://mind.org.uk)

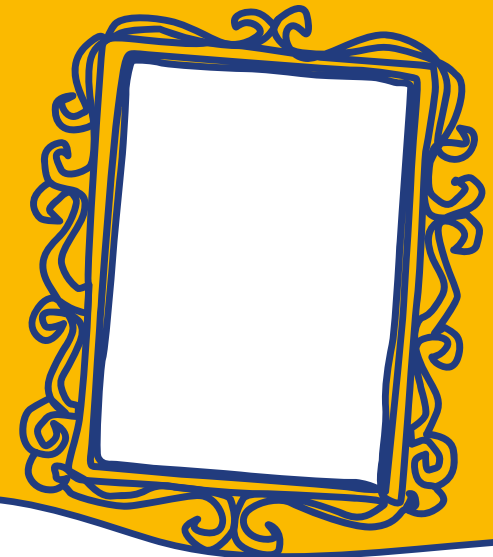
 @MindCharity

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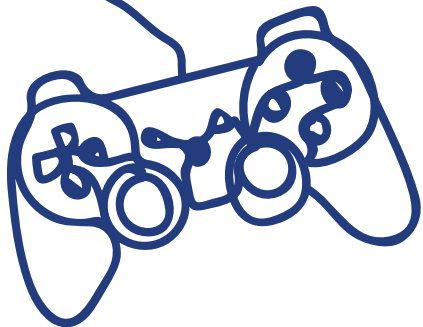
# How to support your child's self-esteem and confidence



Most young people will experience times when their self-esteem or confidence gets knocked, as they experience new things and face new challenges in life.

## If your child is struggling with their self-esteem, they might:

- have a negative view of themselves;
- lack confidence;
- find it hard to make and keep friends;
- feel lonely or isolated;
- avoid new things;
- find it hard to cope when things go wrong;
- put themselves down and say things like 'I'm not smart enough.' or 'I can't do it.';
- not be proud of what they achieve and always think they could have done better;
- often compare themselves to others.



## Here are some tips for how you can support your child's self-esteem:

**Help your child learn something new and celebrate it.** Try cooking a recipe together, playing a new game together or researching something that interests them online.

**Try to be accepting of who they are** and give them chances to form and share their own ideas.

Where possible, **encourage them to do things they enjoy** and get involved in things they are passionate about.

**Make a playlist together** of songs that help them feel positive and confident when they listen to them.

**Empower them to make healthy choices** about their eating, sleeping, and physical activity habits.

**Tell them the positive things you like about them.** You could help make a list of positive comments from yourself and others, for your child to read when they need a boost.

**Ask them what went well** each day and join them in reflecting positively on their efforts, as well as their achievements.

**Let them know it's okay to make mistakes,** that they can learn from them and that it happens to all of us.

