

香港資優教育學院
The Hong Kong Academy for Gifted Education

Factsheet

WAYS TO RAISE SELF ESTEEM

Summary

Children like to feel good about themselves and gifted and talented children are no exception. In fact the emotional well being of the gifted and talented child is possibly more difficult and sensitive than others. Inevitably their social and emotional well being can affect the way they behave and can influence their learning. Increasing the self esteem will make a person believe in themselves more and feel that they are worthwhile. This fact sheet gives tips to increase self esteem in your teenager and gives some useful books and websites

It is important that we pay attention to what we say to children and how we use our language. We need to choose our words carefully so they are not perceived as negative by the child. A child will live up or down to what we expect of them and the importance we attach to learning and their learning environment.

Give praise and attention to all the successes your child has, no matter how small and give positive attention to behaviours you want them to repeat. Giving attention to negative behaviour indicates to a child that they can get attention regardless of how they behave, albeit negative attention. Children can very quickly believe that they are “no good” at anything if we don’t regularly point out the good and extraordinary things they frequently achieve. A positive comment needs a lot of re-enforcement to be believed; a negative comment only has to be said once and will be remembered!

7 Ways to build self-esteem

Praise

Find things to praise your child for as often as possible. Think about a 4:1 ratio – four positive comments for every negative one.

Avoid Negative Labels

Don’t call your child stupid or naughty. It is so much better to focus on the behaviour and not the child. It is important to know that your child is accepted and loved by you as a person and it is only their behaviour that you disapprove of.

Avoid Comparisons

Try not to compare your child to other children, even brothers and sisters. We are all unique, so focus on the child achieving their personal best.

Assist with Understanding

Teach your child that making mistakes is an essential part of the learning process and we all make mistakes even adults. We learn from making mistakes and can improve for the next time.

Tasks into Chunks

Help your child to break down tasks and learning into smaller and more manageable chunks, this

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can make learning much less daunting.

Celebrate Success

At every opportunity remind your child of all the things they can do and what they have achieved. Devise a praise and reward system appropriate for your child and family.

Positive Thinking

Help your child to think positively and have a positive attitude to their learning. Teach your child how to turn “I can’t” thoughts into “I can!”

Children look to adults as positive role models and to help them form positive images about themselves. If you expect your child to find learning difficult or boring or you think your child is not very clever unfortunately 9 times out of 10 they will believe YOU.

If children have a positive self-image as a learner then usually they will behave in a positive manner. This will in turn raise their confidence.

<i>The Social and Emotional Development of Gifted Children</i> by Maureen Neihart	Useful book detailing different areas of development looking specifically at gifted children.
<i>How Rude!: The Teenagers Guide to Good Manners, Proper Behaviour</i> by Alex Packer	An informative book for teenagers.
<i>Good Friends Are Hard to Find: Help Your Child Find, Make and Keep Friends</i> by Fred Frankel	A book to help with friendship issues.
<i>Just Because I Am: A Child's Book of Affirmation</i> by Lauren Murphy Pane	A book to encourage self esteem and value emotions.
<i>Hot Stuff to Help Kids Chill – The Anger Management Book</i> by Jeremy Wilde	A book to help deal with emotions.
<i>Transactional Analysis for Kids; Techniques for Developing Self Esteem</i> by Alvin Freed	This book is aimed at children aged 8+.
<i>The Way I Feel</i> by Janan Cain	Useful children’s book on feelings
<i>I feel Jealous/I feel Scared</i> by Brian Moses/Mike Gordon	Range of books issued on different emotions
<i>Raise Your Child's Social IQ</i> by Cathi Cohen	Useful book for assessing and promoting

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	children's social skills
www.understandingchildhood.net	Website that has information and downloadable leaflets on child development.
www.cfchildren.org.uk	Organisation working towards helping children in their social and emotional development.
www.youngminds.org.uk	Charity concerned with mental health of young people, has a free parent helpline. Produces information and support booklets for children and adults.

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