

Parent Guide



@twinklparents

We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the **Twinkl Parents** hub.

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What is this resource and how do I use it?

For children to feel proud of themselves, it's important for them to feel loved, valued and important. You can support your child to develop their sense of pride through small daily activities and actions. Here, we have some ideas you can build into your daily interactions.

What is the focus of this resource?

Self-Esteem

Wellbeing

Inner Confidence

Further Ideas and Suggestions

We have a wide range of resources available on the **Wellbeing Section** of the **Twinkl Parents Hub**. If you're looking for resources to specifically support your child with their self-esteem, you might like to take a look at some of these ideas:

- **Confidence Boosting Conversation Cards**
- **Celebrate Yourself**

Parents Blog



Parenting Wiki



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Helping Your Child to Be Proud of Themselves

For children to feel proud of themselves it's important for them to feel loved, valued and important. Pride is about connecting to others (peers, adults and even animals) and feeling confident, happy, seen and heard within these interactions.

If pride and self-esteem are something that your child struggles with, you might be unsure of how to help them start to build their inner confidence and pride. It doesn't have to be big activities or something that you dedicate specific time to, it can be done through small, daily activities and actions. Here, we have some ideas you can build into your daily interactions.

Help Them Learn to Do New Things

Look at your child's interests – what can you do to help them explore something new in an area they enjoy? Learning new skills can be tricky for children; they will make mistakes and struggle. Developing a skill in something they're interested in helps them to gain an inner motivation to keep going through setbacks. This helps them to gain resilience as overcoming each setback gives them confidence in their skills and ability to overcome obstacles. It also gives you the opportunity to praise them, not for the skills they've mastered but for the effort and determination they've used to get to each point on the journey.

Specific Praise

The way children believe they're seen by others will inform the way they learn to see themselves. Praising effort, progress and attitude are key to building inner confidence rather than praising an outcome. By praising only the outcome, children can become disheartened if it takes them a while to achieve it. It also teaches them that the value is in the thing rather than the journey. Instead of praising an amazing piece of work or score on a test, praise the determination and hard work they put in to achieve that.

Modelling

Modelling has always been a strong tool to teach children by showing them healthy responses to life's challenges. Talking about the pride you feel in achieving something (and why) will highlight a positive attitude but also teach children that pride comes from small steps. Everyone has times when they're self-critical but, rather than being critical of yourself in front of your child, wait until you've achieved a step then talk to them about your pride in feeling like you might not be able to do but not giving up.

Help Them to See How They Matter

Children will develop self-esteem and pride in their actions when they see how much their actions matter. Giving them the opportunities to help out at home, whether it's small daily activities like setting the table or a role in a bigger family project like redecorating, and then showing your appreciation for them completing the tasks will help them to see that they're an important part of the family and that they can support and benefit others.

Word Choices

When adults are proud of a child, they will often say, 'I'm so proud of you!'. Without meaning to, this can cause children to think of pride as something given by other people rather than something they can feel internally as well. Try saying, 'You must feel very proud of yourself' before following up with, 'I'm very proud of you because...'. This encourages your child to identify the way pride feels in their own body while also helping them to identify what they can feel proud of.

Notice What Goes Well

It's common to focus on the negative in any situation, for grown-ups as well as children. When something doesn't quite go to plan, or you hear your child talking negatively about their day, encourage them to find the positive parts of the situation. For example, if they don't make it into a sports team, encourage them to notice the improvements they've made from their starting point and praise the effort they've already put in.

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