Can do 'CAN'



A can do 'CAN' is basically a can or jar where you ask your child to write on slips of paper and pop it into the can. These are things they CAN DO'

Examples might be:

- ❑ I can swim
- ❑ I can draw a star
- ❑ I can set the table
- ❑ I can make a cup of tea
- ❑ I can be friendly and kind
- ❑ I can do a hand stand
- ❑ I can make a sandwich



Your child will see that there are lots of things that can be added to the can. At the end of each day ask them to write something to put in their can (or jar).

Ask them 'What did you do today that you can add to your can?' In time that can will be full. Spend some time after a week or so going through the can to remind your child of all the things they 'CAN DO'.

If you need more ideas contact:

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Goal setting



Helping your child to set small achievable goals can really help boost self-esteem.
The goal needs to be challenging enough to be interesting but also something you KNOW your child can achieve with a little effort.

Ask them to think of something they would like to do. It could be something really simple like

- ❑ Tying shoe laces
- ❑ Doing a hand stand
- ❑ Riding a bike
- ❑ Learning a dance routine
- ❑ Learning their 2 times table
- ❑ Learning some spellings
- ❑ Making a sandwich

The brilliant thing about goals is that once achieved it feels FANTASTIC for your child. It will definitely make them feel great.

Help your child celebrate their achievement. Make them PROUD!



For resources go to www.elsa-support.co.uk



ABOUT SELF-ESTEEM

A guide for parents

ELSA support

What is self esteem?

Self-esteem is the opinion your child will have of themselves.

A child with a healthy self-esteem will tend to be more positive about themselves and about life in general. They are likely to be more resilient and able to deal with things that happen in life. Resilience is the ability to cope with life's challenges. It means to recover from difficulties.

Low self-esteem is just the opposite. Children struggle to take on challenges and are less resilient. They might be more negative about life.

There are lots of ways to build self-esteem in your child.



Strengths, talents and affirmations

What is your child good at? Do they recognise that they have strengths and talents. Help your child explore their strengths.

Look at words that describe a person's character such as:

- ❑ Kind
- ❑ Caring
- ❑ Loyal
- ❑ Friendly
- ❑ Creative
- ❑ Sporty
- ❑ Responsible



There are lots of others too. Try making a list of all the strengths and talents your child has so you have a list handy when you are talking to your child.

Ask your child to pick a strength they have each day and ask them how they might use it.

Encourage them to say 'Today I am going to be kind'. 'Today I am going to be friendly', etc,

When they say these words out loud they are creating an affirmation. The more they say their affirmation during the day, the more they will believe it and will act on it.

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Specific praise

Your child probably loves being praised. Do you praise enough? How do you praise your child?
The way you praise can significantly make a difference to your child.
Be specific with your praise. Don't just use general phrases like 'well done'. Tell them exactly what you are praising. Use some of their strengths in your praise.

Examples can be:

- ❑ You did a great job with that painting, I love the colours that you used. You are so **creative**!
- ❑ You were so **friendly** today and really made that new girl feel welcome.
- ❑ You showed how **caring** you were today when that little boy fell over and hurt himself.
- ❑ You were so **responsible** looking after George the cat. You remembered to feed him and put fresh water out.
- ❑ You were so **organised** today when you got all your things ready for school. You remembered everything!

Being specific like this is really showing off their personal characteristics and you will be constantly reminding them of how great they really are. In time they will believe you!

