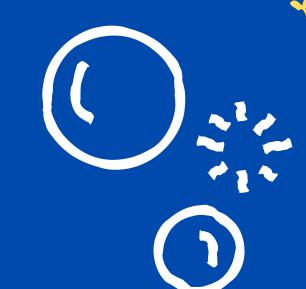


Boosting Self esteem and resilience at home





Self-esteem and perseverance... that's a big ole question isn't it? We feel how we feel for many reasons. Here are some questions to ask yourself:

- 1. Think about the child's age. Age and stage?
- 2. Think about how confident or independent your child is?
 - 3. What is their worry about themselves?
- 4. How is independence and confidence discussed at home?
- 5. Does your child have their own chores or their own jobs to do, helping them to feel more independent?
- 6. As parents/carers, how do you accept praise in front of your child?
 - 7. How confident are you?
 - 8. How do you role model all of this to your child?
 - 9. How often is praise used at home?
 - 10. How is your child valued at home and respected? (This so important)

St Andrew's C of E Primary School

