



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

