





7 REFLECTIONS on self-esteem



 Deutsche Fassung
 Lëtzebuergesch Versioun
 French version
 Versão portuguesa



1

What is self-esteem?

Self-esteem is the positive or negative image a person has of themselves.

It is very important for our well-being and our social skills.

- Our self-confidence allows us to feel capable.
- Our self-perception allows us to feel valuable.
- Our self-love allows us to feel loveable.

To have self-esteem, you have to know yourself...

...and to know yourself, you have to learn to talk about your emotions, to express your preferences, your needs and your limits. On a daily basis, we can:

- listen to our own feelings and to those of others;
- use images to put our emotions into words;
- regularly ask our children how they are feeling, what they need and what they like and don't like.



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Help me to do it myself!

For children, daily life offers plenty of opportunities to experience success. Our confidence in them and our patience make children feel secure and encourage them to become self-sufficient and to experience new things. We support a child when we:

- compliment their initiatives, when they brush their teeth, when they tie their shoelaces or when they get their stuff ready;
- offer support without doing things for them;
- show them we have confidence in them.

A challenge can be an opportunity

Children fall over more than 2,000 times before they are able to walk. Encourage your child to persevere when they encounter difficulties and help them to see challenges as a chance to evolve. We can show children that asking for help is a strength and that we are often stronger together.



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Encourage the effort rather than the result

Research has shown that encouraging effort increases a person's self-esteem. We can:

- recognise a child's difficulties and emotions: "I can see this is challenging to you, but I know you can do it."
- appreciate the efforts they make: "I can see how hard you're trying";
- put their successes into words and remind the child of what they have already achieved: "You can be pleased with yourself";
- pass on skills by asking questions rather than by offering solutions: "What do you need to achieve that?".

Words can make a world of difference

The words and phrases we use when talking to our child have a significant impact.

To avoid knocking their self-confidence, it is important to talk about the behaviour and not the person. Avoid using phrases that start with "you are..." as well as generalisations such as "you never..." It is better to express our observations, our feelings and our questions: "I see you forgot your bag, that's annoying, what could you do to make sure you remember to bring it next time?"

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Beware of making comparisons

Comparing yourself to others can be worrying or unsettling. Encourage your child to feel comfortable with their choices, rather than being too concerned with other people's opinions.

Finally, let's not forget to express our love: "I love you just as you are" and encourage the child to see themselves as an active player in their own life.

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