

SUPPORT YOUR CHILD'S SELF-WORTH & CONFIDENCE



Understanding the Root Causes of Negative Behaviours

Negative behaviours such as name-calling often stem from deeper issues like low self-worth and a need for attention. By addressing the underlying causes, you can help your child develop a healthy sense of confidence and belonging.

Why Self-Worth and Confidence Matter

Healthy Relationships: Children with high self-worth are better equipped to form positive relationships.

Better Coping Skills: Confident children can handle challenges and setbacks more effectively.

Reduced Negative Behaviours: Children who feel valued and accepted are less likely to engage in destructive behaviours.

The Need for Connection



Attention-Seeking Behaviours: Often, behaviours such as name-calling or putting others down stem from a deeper need for connection. When children do not feel like they have secure and meaningful connections, they may resort to negative behaviours to seek attention.

Human Connection: All humans, especially children, need to feel connected to others. Secure connections help children develop a sense of belonging and self-worth.

HOW TO FOSTER SELF- WORTH AND CONFIDENCE



Open Communication

Talk About Feelings: Encourage your child to express their emotions. Ask open-ended questions and listen attentively.

Validate Their Experiences: Acknowledge your child's feelings and experiences without judgment.

Encourage Positive Behaviours

Model Respectful Behaviour: Children learn by observing. Demonstrate kindness, empathy, and respect in your interactions.

Praise and Encouragement: Recognise and praise your child's efforts and achievements, no matter how small.

Activities to Boost Confidence

Family Projects: Engage in activities that require teamwork, such as cooking a meal together or working on a home project.

Play and Creativity: Encourage creative activities like drawing, building, or storytelling to help children express themselves.



ADDRESSING NEGATIVE BEHAVIOURS



Understanding the Cause

Seek the Root: Reflect on why your child might be acting out. Low self-esteem, seeking attention, or trying to fit in could be underlying reasons.

Communicate Openly: Have honest conversations about why certain behaviours are unacceptable and explore alternative ways to express feelings.

Create Connection

Quality Time: Spend one-on-one time with your child to strengthen your bond. Activities like reading together, talking about their day, or simply playing can help.

Inclusive Environment: Foster a household environment where everyone feels valued and connected.

Role Playing

Practice Scenarios: Use role-playing to help your child understand the impact of their words and practice positive interactions.

Support Networks

Build Connections: Encourage your child to form healthy friendships and participate in community activities.

Parent Support Groups: Join a group to share your experiences and learn from other parents facing similar challenges.



RESOURCES FOR PARENTS



Books and Articles: Explore resources on effective parenting strategies and children's social-emotional development.

"The Whole-Brain Child" by Daniel J. Siegel and Tina Payne Bryson

Explores 12 revolutionary strategies to nurture a child's developing mind, promote healthy emotional and psychological development.

"You Are Awesome: A Journal for Kids" by Matthew Syed

An engaging journal that helps children develop a growth mindset, build confidence, and learn to see challenges as opportunities.

"I Am Enough" by Grace Byers

A beautifully illustrated book that encourages self-love and confidence. It's a great tool for teaching children about self-worth.

Big Life Journal

Provides journals and printables designed to help kids develop a growth mindset, resilience, and a positive outlook.

Workshops and Webinars: Attend sessions to learn more about fostering a positive environment for your child.

