

Self-esteem is important for child and adolescent development. It encompasses children's feelings about their competence and worth, their ability to confront and master challenges and to learn from their failures as well as their successes. In daily life, parents can improve children's self-esteem by learning the following skills.

1. Appreciate your child

Recognize your child's efforts and give positive, descriptive feedback. Parents' affirmation and encouragement can help children learn to appreciate themselves.



2. Respect your child

“What activities would you like this coming Saturday?”



Teenagers have their own views and preferences. Parents should try to accept their opinions and choices. Allow children to make their own decisions in daily life helps to cultivate sense of responsibility and sense of control in life.

3. Encourage your child to solve problem independently

Consider your child's abilities and provide them with opportunities for assuming responsibilities. When children encounter problems, parents may teach them problem solving skills and encourage them to solve problems by themselves. Of course, when children need assistance, parents may provide guidance or suggestions. The key is not to rush in to solve your child's problems and give your child a chance to work out solutions for themselves.



4. Avoid comparison and criticisms

“Everyone else can do it. Why can't you?”



Avoid comparing your child with others and making negative comments such as ‘Everyone else can do it. Why can't you?’ or ‘You are stupid and lazy!’ These negative comments may affect the self-confidence of your child.

5. Teach your child to learn from mistakes

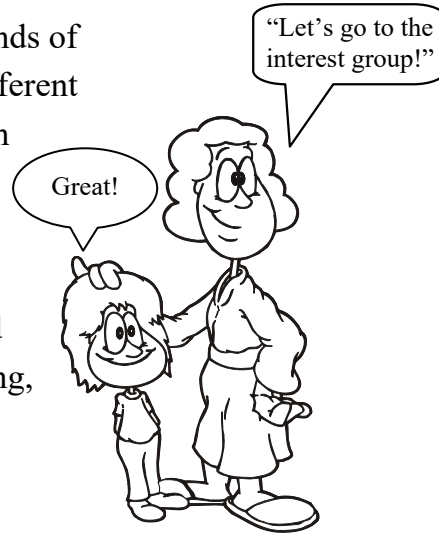
All children make mistakes. Help your child understand that we can learn from mistakes as they are a valuable and integral part of the learning process. Parents' understanding and support allows the children to believe that they can do it, thereby building self-confidence.

“Don't be disappointed. Work harder next time.”

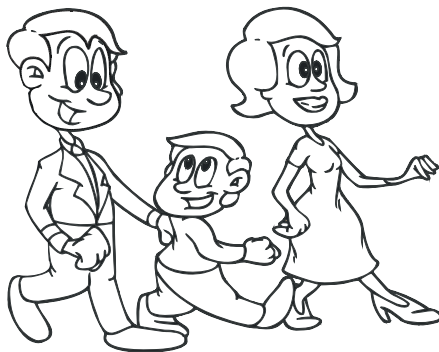


6. Encourage your child to build islands of competence

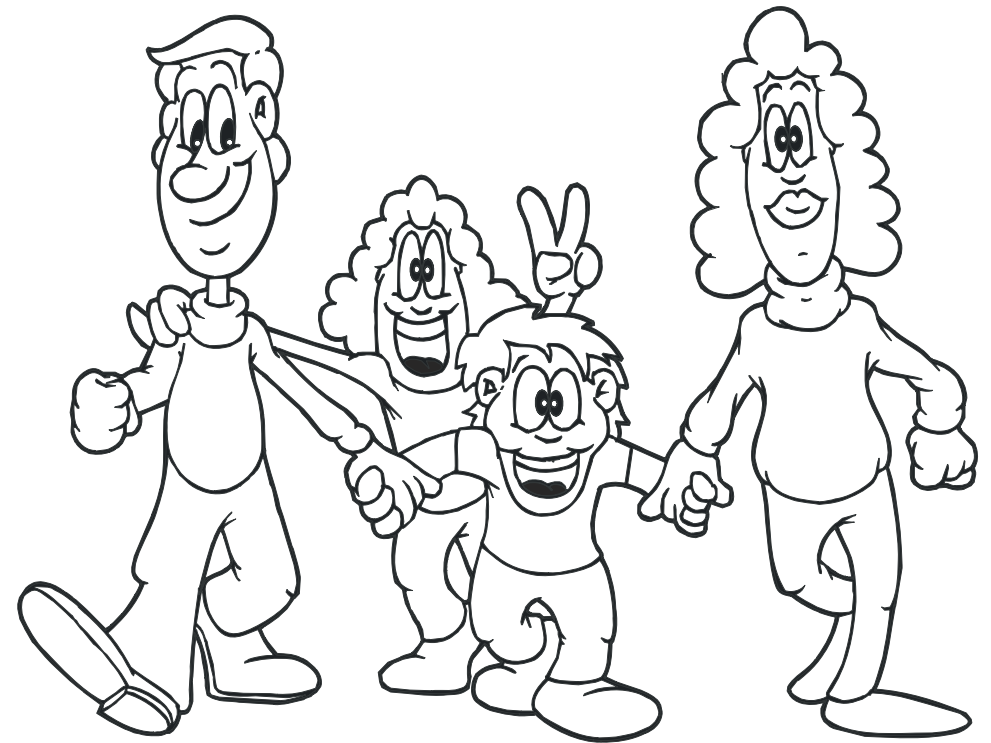
Encourage your child to build islands of competence by participating in different extra-curricular activities. Children need to become good at something and to develop their potentials. Engage children in activities they enjoy or are good at such as singing, painting, dancing, sports or doing volunteer works.



Children with high self-esteem will affirm their values and strengths. They are not afraid of others knowing their weaknesses. They can cope with problems and deal with challenges confidently. As a parent, your appreciation, respect, trust, support and encouragement will help your children recognise their own strengths and enhance their self-esteem.



Building Your Child's Self-Esteem



Student Health Service
Department of Health
2021