

Helping children feel good about themselves

You can help your child to feel good about themselves in lots of different ways, by:

- giving them lots of opportunities to try out new things
- supporting them when they are frustrated or sad
- letting them know that they are valued and loved.



Children who feel good about themselves are more likely to become happy and successful learners.

How children see themselves

The way that children feel about themselves is influenced by their relationships with the important people in their life.



Our self-esteem and confidence are built through positive, loving and caring interactions with others – right from the very beginning!

When you respond to your child with smiles and encouraging words, they will learn that they are loved and valued – this will help them to feel good about themselves.

Every smile and kind word from you will make a difference!

Feeling good everyday

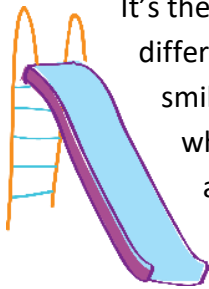
Everyday activities are full of opportunities to help your child to feel good about themselves. You don't need to be doing anything special – just recognise and value their efforts and achievements and let them know how much you enjoy spending time with them.

It can be helpful to think about some of the things that your child enjoys doing. Here are some ideas:

- **Playing** – particular toys that they enjoy playing with, the way they play, other people they enjoy playing with...
- **Activities** – going to the park, messy play, sharing books and stories or singing together, playing on a tablet or computer...
- **Being with others** – talking, chatting, spending time with favourite people...
- **Becoming independent** – making choices, exploring, helping or doing things for themselves...
- **Trying new things** – learning new words, learning how to walk or hop...



These are all opportunities for positive interactions which will help your child to feel good about themselves.



It's the simple everyday things you do that make a difference – perhaps sharing your child's enjoyment by smiling as they whizz down a slide, or saying "Yay!" when they press the 'enter' key to send a message on a computer.

Everyday activities are full of opportunities to help your child feel good about themselves.

More than just words

We give lots of unspoken messages about how we are feeling through our body language and our facial expressions.



Young children are very tuned in to this form of communication and continue to use it even when they understand the words that are being spoken. The messages they pick up through reading body language and facial expressions can affect the way that they feel about themselves.



Positive attitudes

When we feel good about ourselves we are more likely to feel curious and keen to find out more about our world. These attitudes are really important in helping us learn.



Children are just the same – the better they feel about themselves, the more curious and interested in the world they become – and the more they are likely to want to explore their world and to learn!

Young children learn about behaviours, attitudes and values by watching and copying those around them. When they see others modelling positive attitudes and feeling good about themselves, no matter how small, they learn that it's OK to feel good about themselves too!

Children become confident learners when they feel good about themselves and this helps them want to find out more about their world.



Helping your child to feel good about themselves

ORIM stands for **Opportunities**, **Recognition**, **Interaction** and **Modelling**. These are four ways you can support your child's early learning and development every day.

Here are some ideas for using ORIM to make the most of what you are already doing to help your child feel good about themselves:

- Using everyday **opportunities** for your child to feel good about themselves, such as:



- giving them time to put their coat on for themselves, planning a trip to the park, letting them make choices, providing them with playdough to explore...

- Showing your child that you **recognise** and value their efforts and achievements:

- letting your child know that you have noticed, by watching, listening, smiling and responding using verbal and non-verbal praise and encouragement.
- recognising what counts as achievement for your child, e.g. noticing when they post the square shape into the shape sorter by themselves.

- Ways of **interacting** with your child to help them feel good about themselves:



- supporting, explaining, joining in, following your child's lead, responding to their feelings, letting them know they are loved ... the list is endless!

- **Modelling** feeling good about yourself:

- being seen doing things that you enjoy and celebrating your own achievements – no matter how small.



Parents and carers of babies and young children have much to be proud of!