SEND SERVICES GUIDES

Building Self-Esteem Worksheet

Ideas and tips to support children to develop their self-esteem.

How to support children with learning needs to develop self-esteem?



Acceptance: You probably felt frightened and bewildered when you first entered the world of learning disability, and for many, there will be a time of readjustment, even mourning for the baby you thought you were expecting. But it's important to learn to accept your child for who they are and not try to make them someone or something they are not. That only leads to frustrated parents and unhappy children who feel they can never live up to expectations. There will be challenges along your journey, but you will learn and grow together in dealing with them.

Show your child that they are loved just as they are. This means not comparing them to peers or siblings but having realistic goals for them, based on their strengths and abilities.

Bonding: A secure bond between parent/carer and child is essential. It's the glue that keeps families together and makes children feel safe. When life doesn't go to plan, they can come back to feel reassured and safe. Sometimes bonding is hard in the early days, particularly if your child has health problems that are causing you stress and worry. So, it's vital to see them as your wonderful, unique child and not a case study or medical conundrum.

Enjoy your time together: Play, hug, tickle, giggle, share a book, and go out and meet friends if you can, even if there are days when you want to shut the world off completely. It's easy to think a better parent does more learning activities with their child, but allowing time for fun: shared art, games, messy play, enjoying a film or TV programme cooking are all equally important.

Adopt a positive outlook: Positivity is catching, as is negativity. Don't air your frustrations about service providers or your child's numerous appointments, gripes with doctors or financial worries in front of them. This will cause them to feel like an inconvenience or a source of stress for you. Save any niggles for an online chat or phone call to a friend when your child is asleep.

Not to talk negatively or sarcastically to or about your child as that will erode self-esteem like acid rain.

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My Strengths and Qualities

Things I am good at: 1. 2.	
3.	
What I like about myself: 1.	
2.	
3.	
I'm an expert at:	
What compliments I have received:	
Times I have made others happy:	•••••••••••••••••••••••••••••••••••••••
Things that make me unique are:	
People say I'm good at:	••••••
I'm Loved by:	
My favourite place is:	

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I've helped others by:
What I love the most is:
Times I've made others happy are when:
Something that my friends like about me is:
In school, I am good at:
I am happy when:
•••••••••••••••••••••••••••••••••••••••
I enjoy playing with:
I feel safe when:
If I had a superpower, it would be

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