



Emotional literacy helps us to express our feelings and thoughts, and understand why we may feel a particular way. Recognising the signs in our body can help us to navigate our 'big emotions' and respond in a calm and appropriate manner. Recognising the emotions in others enables us to feel empathy and show understanding and help us to create meaningful relationships

## Emotional Literacy Support

Working together to  
support you & your  
child

Welcome to your 7th  
edition of ELSA  
ParentMail

Here you will be able to access  
useful information, guides,  
websites & apps. Each newsletter  
will focus on a specific area  
around your child's social and  
emotional needs

it's okay to  
feel your  
feelings





relation or from a  
point of view.  
**Self-esteem**  
individual's over  
being worthy of  
emotional evalt  
right for what i

LOVE  
YOURSELF



CONFIDENCE  
& SELF-ESTEEM



LOVE



YES  
I  
CAN

right for what  
relation or from  
point of view.  
**Confidence**  
trusting relat  
stability, or  
or certainty

CHUTE  
STRICTLY NO REFUND  
There is



# 6 *Things I can do to help increase my child's self-esteem and confidence*

## 1 **Dont get upset about mistakes!**

Help your child to see that everyone makes mistakes and the important thing is that they learn from them, not dwell on them. Helping your child to take setbacks in their stride will encourage resilience.



## 4 **Praise!**

Learning not to give up at the first frustration is an important life skill. Confidence and self-esteem are not about succeeding at everything but being resilient enough to keep trying. Positive praise for your child's perseverance will encourage your child not to give up at the first hurdle!



## 2 **Encouraging new things!**

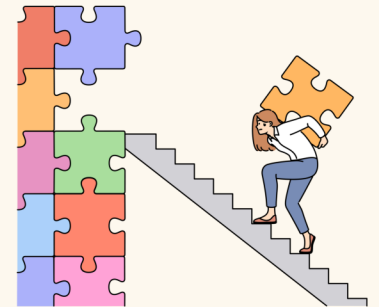
Instead of focusing all their energy on things that they already excel at, it is good for children to diversify. Attaining new skills makes children feel capable & confident that they can tackle anything that comes their way!

## 5 **Finding a passion!**

Helping your child to explore their own passions can help your child develop their sense of identity, which is essential when building confidence. Seeing their talents grow will also help to build up their self-esteem.

## 3 **Independence**

Creating opportunities for independence encourages your child to grow and learn. Allowing your child the space to develop their personality and learn about themselves can enhance your child's emotional literacy and social skills.



## 6 **Allow failure!**

It is natural to want to protect your child from failure, however trial and error is how children learn. By making a mistake your child will see it is not fatal and it can spur children on to put in a greater effort. This lesson will help your child into adulthood!

## POSITIVE STEPS...

# HOW CAN I HELP MYSELF?

?

### IT ALL STARTS WITH ME!

Positive thinking can boost your mood. Speaking kindly about yourself & others will make you feel good & help you connect with others.

Being a child or adolescent comes with many challenges! So whilst there is no quick fix with suddenly feeling confident and having great self-esteem, there are many things that you can try, which will help improve your mindset!

### POSITIVE AFFIRMATIONS

Every morning before school, repeat your favourite positive affirmation. This can be out loud or in your head.

THINK POSITIVE  
FEEL POSITIVE  
LIVE POSITIVE

### DO SOMETHING KIND!

When we help others it makes us feel good inside. A kind gesture or compliment not only makes others feel special but it also helps to boost your mood!

### SET A GOAL

When we achieve a goal it can really boost our self-esteem. Working towards your dream not only gives you a focus but also shows you just what you are capable of!



# HELPFUL INFORMATION

## **SELF – ESTEEM FOR JUNIORS**

<https://www.youtube.com/watch?v=5BuHC8wBdBU>

## **SELF – ESTEEM FOR TEENS**

<https://www.youtube.com/watch?v=MbF5dyU96CE&t=83s>

## **HOW PARENTS CAN HELP BUILD SELF – ESTEEM**

<https://www.youtube.com/watch?v=2UwomELlpW4>