



### Other Sources of Information:

- YoungMinds: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- ChildLine: [www.childline.org.uk](http://www.childline.org.uk)
- Samaritans: [www.samaritans.org](http://www.samaritans.org)



Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people. We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

[www.family-action.org.uk](http://www.family-action.org.uk)



NAHT is a professional association and trade union with members in all phases of education. We represent 28,500 school leaders in their quest to develop great schools and improve the lives of children.

[www.naht.org.uk](http://www.naht.org.uk)



# READY TO LEARN EVERY DAY!



## Self-Worth: A short guide for parents



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This leaflet has been created jointly by NAHT and Family Action: This leaflet has been designed to explore ways to help children know their own worth and ways we can all increase and celebrate self-worth from a very young age.

Self-worth is what enables us to believe that we are capable of doing our best and deserve to lead a fulfilling life. We hope you find the following tips helpful.

## How parents can create a sense of self-worth:



- Celebrate your child's individuality and talents whatever they are and let them know they are unique. Look at ways in which they could further explore these. For instance, are there local classes they can attend to develop their talents?
- Sit down and talk to them about appreciating and valuing themselves and how this translates into self-respect, and caring for themselves and others
- Advise them on eating healthily and exercising regularly
- Teach them to make decisions for themselves, rather than following their peers
- Help your child set realistic and attainable goals
- Focus on their strengths and not their weaknesses
- Remember that your child cares about your opinion so try not to withhold affection; a consoling cuddle can do as much to encourage a child to do better next time as a 'well-done' hug can be seen as part of their reward when they've succeeded



## How children can be helped to develop their own sense of self-worth:



- Find out what they really enjoy and find interesting; it could be music, maths, sport, art or a hobby. Whatever it is, let them know they can speak to you or a teacher about it - you may find there are opportunities for them to further explore these topics
- Ask them to write a list of all the things they think are unique about themselves and to refer to the list to motivate them to do their best
- Let them know they don't have to be perfect at something to enjoy it and get a sense of achievement from it. Struggling and succeeding to be better than they ever thought they could be is a real reason to be proud of themselves
- Advise them not to avoid new challenges for fear of failure; let them know that everyone fails from time to time. Teach them to be their own measure of success rather than comparing themselves with someone else. Let them know how much people appreciate effort in life as well as the end results those efforts achieve
- Consider mentoring for them; ask for help from someone with vast experience and skill in the field they enjoy and let them help develop their skills
- If you are concerned, ask them directly if they are struggling with anything at school. Talk it through with them and assure them that their family and teachers are rooting for them and want to help them succeed
- Remind them that if someone has shown them this leaflet, it's because they really care about them. Let them know they have supporters and not to forget it!