

Nurturing Self-Esteem

Take a moment to think how children learn about their world and about what it means to be human. They learn from the people in their lives. If you set an example by showing that you like and respect yourself and the people around you, you are nurturing the seeds of self-esteem in the children you care for.

When you do this, you are giving them the keys to happiness, independence and success.



How do you nurture your own self-esteem?

- What things do you enjoy doing?
- What do you do to take good care of yourself?
- How do you cheer yourself up when you're feeling down?

Discuss this with a partner or with the whole group.

nurture

When you nurture something, you take care of it and encourage it to develop. You can nurture people as well as things.

Children's self-esteem comes from having their needs met.

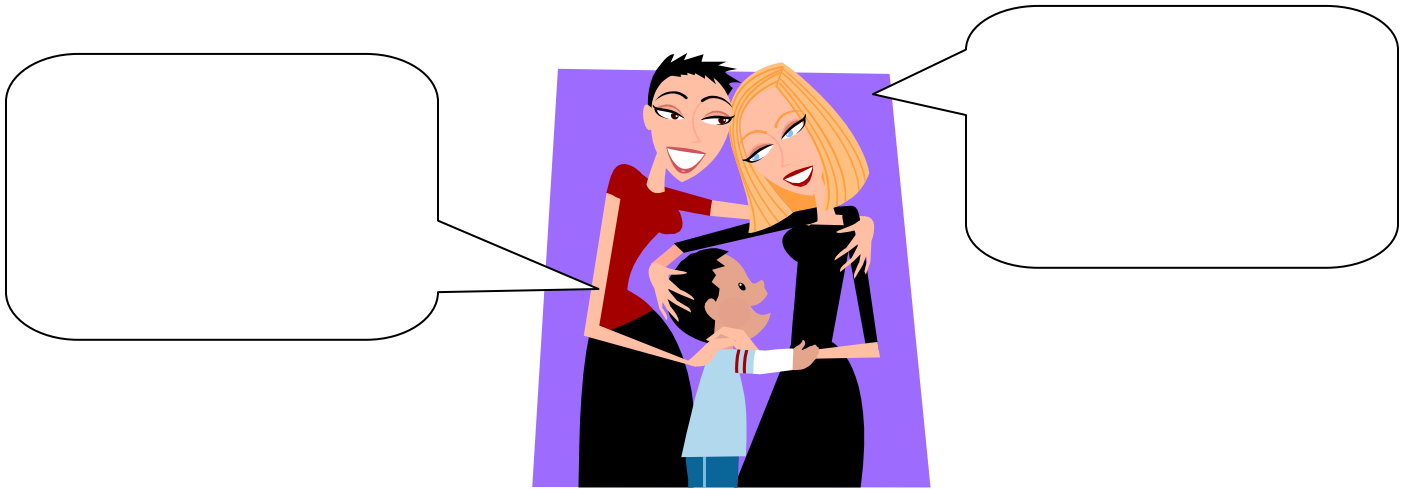
Fill in the speech bubbles to show children having their needs met.



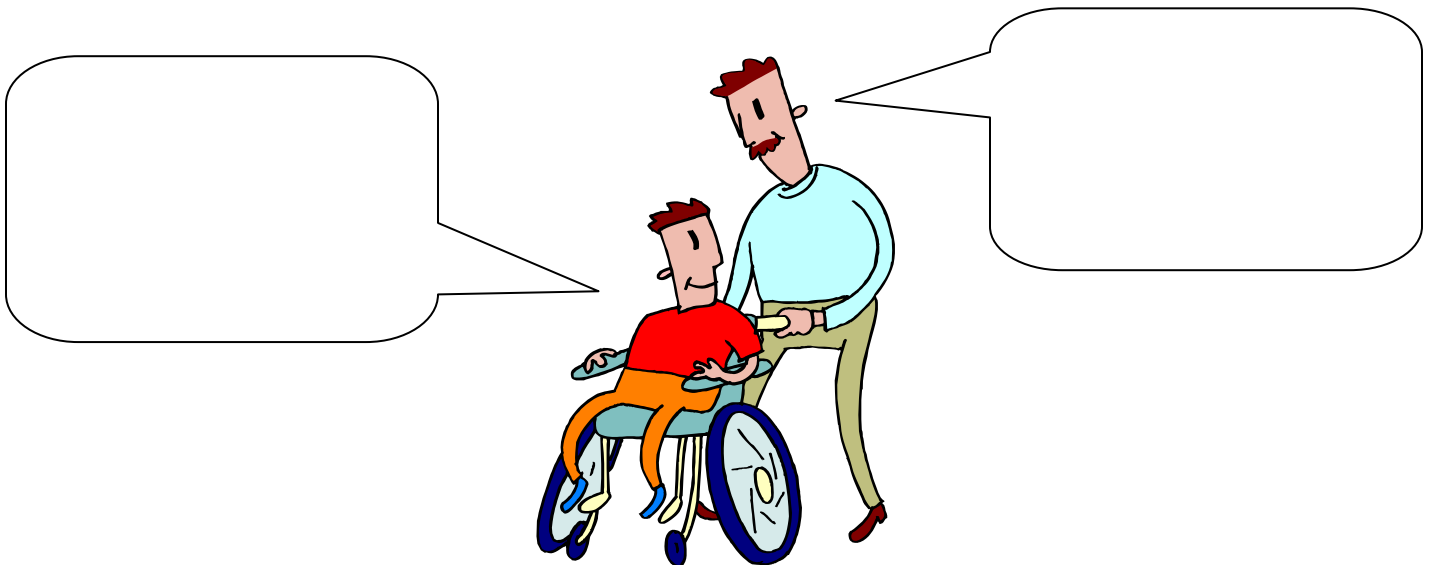
They need to feel safe and to trust the adult who is in charge.



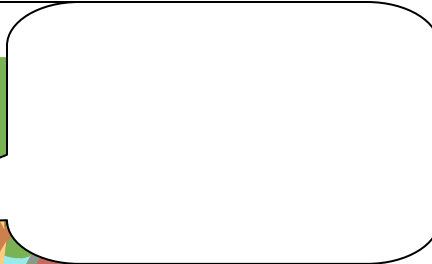
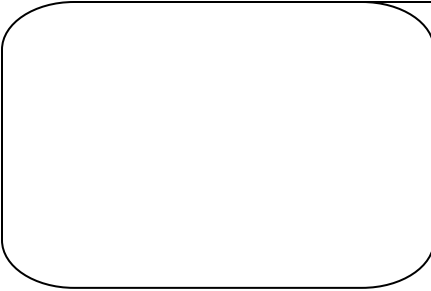
They need to give and to receive love.



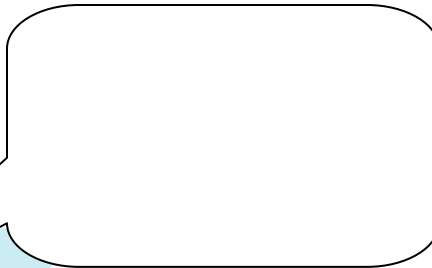
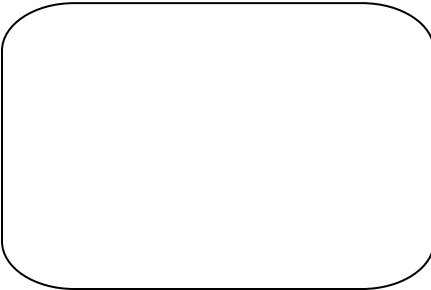
They need to feel that they are accepted and that they 'belong'.



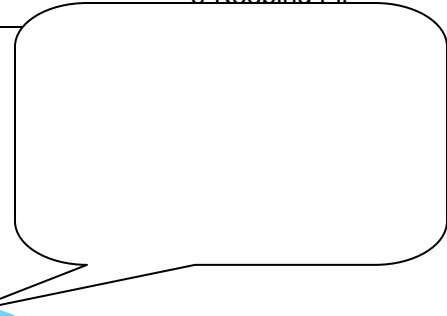
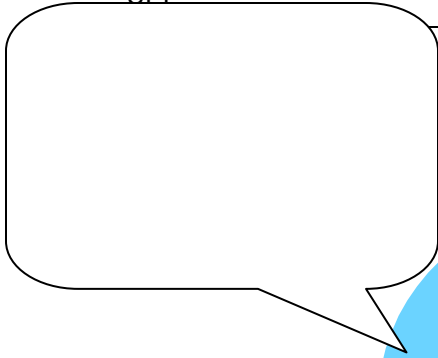
They need to express themselves and have someone listen.



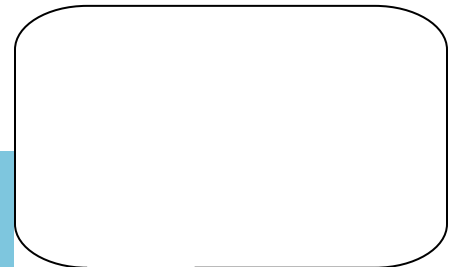
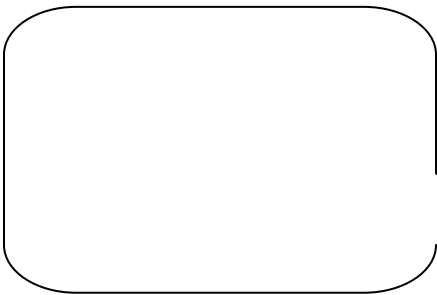
They need to be encouraged and praised when they try new things.



They need to be stimulated to discover and learn new things.



They need to feel capable of doing something useful.



They need to have strong role models to guide them.