

Children's Self-Esteem

Self-esteem is a positive attitude about yourself

Self-esteem is like a backpack:

Positive self-esteem = a full backpack, prepared for all of life's adventures!

Poor self-esteem = empty backpack, you may not feel prepared for life's adventures.

This is why it is so important that children develop healthy self-esteem. Our research shows that children develop self-esteem as early as 5 years old.



Conscious & Unconscious

Self-esteem has two main components:

Explicit self-esteem:

Conscious feeling of self-worth.

Implicit self-esteem: The link between "me" and "good" in our minds.

When the explicit and implicit feelings about the self align, and both are positive, children tend to have positive life outcomes.



Making Sense of Ourselves

Self-esteem plays a key role in how we understand ourselves. It acts as the central gear, connecting different aspects of our identities in a positive way.

Self-esteem is one of the things children draw on to help them form social groups and friendships.



A Key to Resilience

Healthy self-esteem can provide an emotional buffer to setbacks and resilience in the face of difficulties.

Having role models and family and community support can help all children build healthy self-esteem.

This can be helpful for children who regularly face discrimination and marginalization.



Boosting Self-Esteem

Self-esteem develops early and can have a strong impact on children's lives.

Build & boost self-esteem by:

- Providing responsive care that's attuned to the child's needs and strengths.
- Using realistic praise that is based on the child's effort.

