

Helping children build resilience and a positive self image

**Christ Church Parents and Carers
November 13th 2018
9.00-10.00**

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How today will help you...

- Explore some of the issues for children and what affects self image
- What emotional resilience is
- What helps children develop a positive self-image
- Give you ideas of what you can do to help

Self image

- The opinion we have of ourselves
- The way we think about and see ourselves (including our bodies)
- Our confidence in our own abilities

Can be healthy and unhealthy

Based on opinions so can change

Why children are picked on or bullied

Y5 and 6	Y8 and 10
Way they looked (22%)	Way they looked (33%)
Size or weight (17%)	Size or weight (24%)
Clothes you wear (11%)	Skin colour or race (16%) Clothes you wear (15%)

What are the issues for children that affect their self image?

- On line comments
- Bullying
- Unrealistic media images on and off line
- Pressure to look a certain way
- Celebrity culture

What is the impact of low self image?

- Low self esteem
- Pessimism
- Lack of confidence
- Always thinking they could have done better
- Avoiding trying new things
- Difficulty in managing failure
- Placing more importance on what others think of them
- Feeling they are not good at anything

What helps children develop a positive self image?

- Understanding that our sense of self is not defined by appearance
- Understanding that beauty is personal and not something that should be dictated by the media
- Learning to love themselves, be comfortable in their own skin, and value their unique qualities
- Celebrating difference and not comparing themselves to or be jealous of others
- Learning to rely on themselves rather than others to feel good

What helps children develop a positive self image?

Having **emotional resilience**

- Having 'bouncebackability' when things go wrong
- Being able to restore positive emotional wellbeing/positive mental health after a set back
- Being able to manage life's challenges

What can parents do?

- Teach coping strategies
- Help your child talk about feelings
- Praise and celebrate a broad range of your child's talents, interests, personality, skills so they develop many reasons to feel good about themselves (other than appearance)
- Help your child practice positive self-talk

What can parents do?

- Role model comments that promote positive self image rather than complaints about the way we or others look
- Value and celebrate difference
- Question media images and how realistic they are
- Describe beauty to mean a range of things rather than just appearance

Children's books

- Some stories you can read with your child to promote positive self-image and self-esteem:
 - “I can be me” by Miriam Laundry
 - “Madeline, Maddy and Midge: Positive thinking for children” by Cathy Domoney
 - “Timmy Teacup Transforms” by Barbara Daniels
 - “Messy Penny” by Roopa Weber