



DOHA
BRITISH
SCHOOL

SCHOOL COUNSELLOR NEWSLETTER

Self-Esteem

APRIL 2022

Of all the things we help our children learn and do, helping them to develop a healthy self-esteem is probably most important. This is because self-esteem affects all aspects of their lives – how they learn, how they interact with friends, how they treat others, how they problem solve, how they handle adversity and how willing they are to try new things. Here are some tips to help your child develop healthy self-esteem.

Praise your child

Notice when your child has done something well and tell them!

Validate feelings

If your child gets a blow to their self-esteem, they need you to allow them to feel sad, hurt, or mad. After, you can boost them up with positives.

Give your child chores

Set your child up to be a team player by giving age appropriate chores at home. Offer praise for their work!

Self-esteem is our beliefs about our self - how capable and loved we feel. It is our shield against life's challenges.

Avoid comparisons

Do not compare your child to others, especially siblings. Let your child know that it's okay to be different, and that you don't expect perfection.

Give the gift of time

Your children know how busy you are, so when you find 10 minutes to listen about their day or play a game, they will feel worthy and loved.

Criticize the behavior

When your child misbehaves, talk about the behavior, such as, "What you did was hurtful, and I know you are nice. How can you make this better?" Do not label your child "bad."

I AM KIND. I AM BRAVE. I AM IMPORTANT



Please contact us if you have any queries:

Charlotte.Davies@dohabritishschool.com Jennifer.Mcclellend@dohabritishschool.com

Raneem.Amra@dohabritishschool.com