



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

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Dear parents and families,

Re: Tips for Parents

What is Self-Esteem?

- Self-esteem means the way you feel about yourself deep down. It is formed from our life experiences and is easily damaged.
- Self-esteem plays a huge part in how we respond to situations and the level of importance we place on ourselves and our confidence in our own abilities.
- It involves accepting who we are, including that it's ok to make mistakes as that's how we learn and feeling ok about our physical appearance.

What can I do at home to help build my child's self-esteem?

- **Find time to talk, just the two of you** – 'Check in' with them while you're doing things together, so they get used to talking about their feelings.
- **Play together** – Play helps them to be curious, learn new things, solve problems and express feelings without words.
- **Be a role-model** – Show how you cope with difficult feelings and look after yourself.

Best wishes,

Miss Cotchin
Head teacher

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

