



Kings Langley Secondary



Bedmond Primary



Bovingdon Primary Academy



Kings Langley Primary



Nash Mills Church of England Primary



Sarratt Church of England Primary



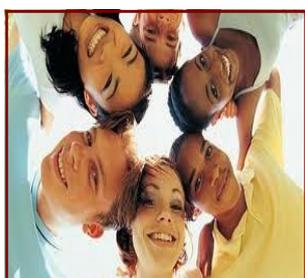
St Pauls Chipperfield Church of England Primary

## Kings Langley Partnership of Schools

*Working Together to Prepare our Children for the Challenges of Tomorrow*

# Developing Confidence and Self Esteem A Guide for Parents

## Key Ingredients



Confidence, self worth and self esteem is the most important gift we can give our children. Confident children grow up to be confident adults and go on to be more successful and have happier lives. Parent support is essential in developing children's self esteem as this will lead, teach and guide our children as they continue to learn, grow and develop in their skills and their personalities.

Children and young people need to know they are loved and valued for what and who they are, not just for what they do or achieve. In addition they need to feel that they belong, whether that is with family and/or friends. Finally, a key to confidence and self esteem is that they feel they are important and that they have some influence over what happens in their lives

**Parents and carers have a key role to play. Key top tips include:**

- Always look for the positives;
- Remember your teenager is unique, appreciate their strength;
- Remember to Listen;
- Encourage and be open to their views;
- Show an interest in their world, even if you don't understand it;
- Provide structure—not too much, but not too little either;
- Keep some emotional distance. If they are angry it is more about them than it is about you.

**You are probably doing a better job than you realise. You have a vital role being a parent. Don't give up. You are not alone.**



**Kings Langley Schools Student and Family Services**  
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# Top Tips—The Crucial C's

## The Crucial C's



The sense of being understood and valued is vital for children as they grow and develop into young adults. There are many changes taking place as children develop and grow and many of these changes are invisible from the outside. Children's behaviour may not always be consistent or sensible however the role of parents and carers can make this period of change a smoother journey by understanding these key factors:

### **Connect: They need to believe that they belong**

- If they do they feel secure and will reach out and make friends.
- If they don't, they will feel insecure, isolated and will seek attention, sometimes negative attention

### **Capable: They need to believe they can achieve**

- If they do they will feel competent and will develop self control, self discipline and become self reliant
- If they don't they will feel inadequate, inferior and will seek control, power and become defiant or dependent.



### **Count: They need to believe they can make a difference**

- If they do they feel valuable and will contribute and assume responsibility
- If they don't they will feel insignificant and hurt and will seek revenge.

### **Courage: They need to believe they can handle what comes**

- If they do they feel hopeful and will face challenges, will try new things and will develop resilience.
- If they don't they will feel inferior and hopeless and will give up and won't be prepared to try new things.



**Teenagers still need structure, guidance and input from those around them. Set limits, be consistent and don't give up.**

For more information contact your School or contact your Student and Family Services Team on 01923 271744