



## Supporting children, families and schools

### Build your child's self-esteem

When we have a positive view of ourselves, it can help us to cope with life's challenges. Recognising the different qualities of others can allow us to connect with those around us – which is vital for our own and others' wellbeing.

### How can parents help?

Your child believes everything you say – and acts on it. This is a great opportunity for you to make sure they hear you expressing joy and delight in spending time together, accepting them entirely as they are: *"I so enjoyed watching you paint this picture..."*, *"I had so much fun playing with you this morning..."*, *"Mark worked really hard on this over the weekend..."* Remember to praise effort, not result!

If you would like to meet for a confidential and non-judgmental talk about you or your child or any other worries, I am available on Wednesday 9-10 a.m. To book an appointment, you can call/text me on 07833 460683 or e-mail: [greta@schoolscounsellingpartnership.co.uk](mailto:greta@schoolscounsellingpartnership.co.uk)

With best wishes,

Greta

Therapeutic Lead in Schools

