

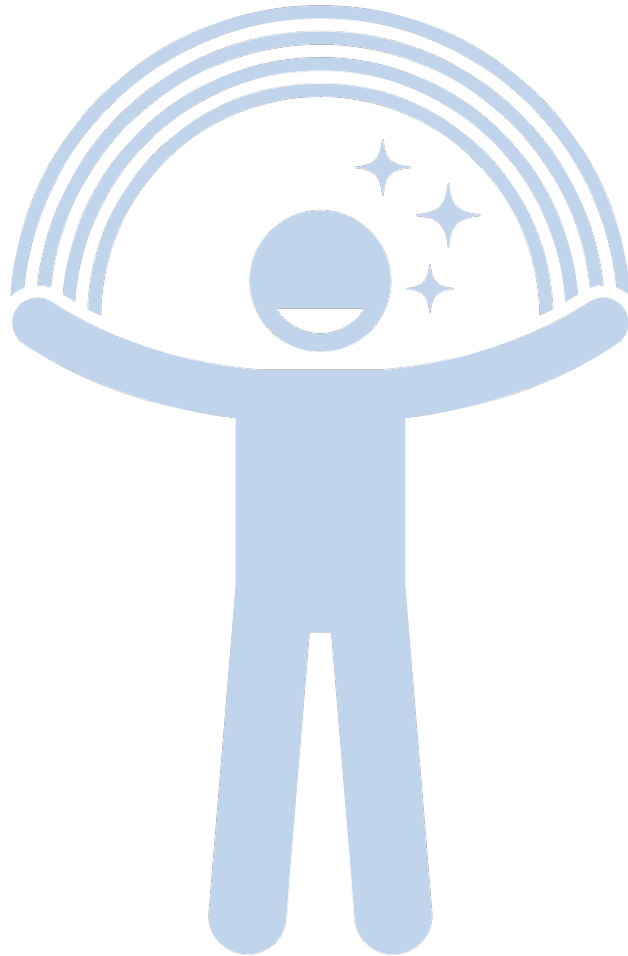
# Building Resilience and Self-esteem

## What a parent can do



John Sharry  
solutiontalk.ie

# What is good self-esteem?



# What is good self-esteem?

- Self-esteem and feeling good about yourself is not the goal you should have, but rather self-esteem is the by-product of efforts to live a good life in the service of others.
- Good self-esteem is the fruit of a life of hard work, developing one's strengths and talents and expressing them in the service of others.

# Values and Character Strengths

What values lead to the most happiness?

## Six Character Strengths

1. Wisdom and Knowledge
2. Courage
3. Love and Humanity
4. Justice
5. Temperance
6. Spirituality

## Six Values (Vices?) promoted by society

1. Attractiveness
2. Competitiveness/ Being a winner
3. Popularity
4. Self-Esteem/ Feeling good about oneself
5. Wealth
6. Ambition

## Principle 1

**Support your child's  
character strengths**



# Encourage your children when they...

- show good judgement or insight.
- display bravery or courage in the face of challenge.
- are compassionate and kind to others.
- stand up for someone weaker than them and show real fairness.
- Make an effort to 'the right thing.'
- are able to work hard at something and wait until they get a reward.

## Principle 2

**Help your child  
find their niche**



Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing that it is stupid.

-A Einstein

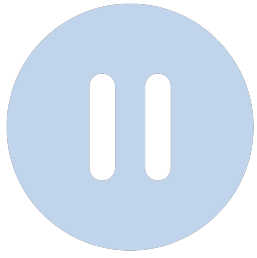




# Encouraging Passions

## What is each of your children passionate about?

- **action:** running, cycling, kickabouts, skateboarding, martial art, team sport, hikes, dance
- **learning:** quizzes, competitions, new languages, dog training, politics, documentaries
- **planning:** budgets, holidays, special events, family projects, day trips
- **creative:** journaling, crafts, photography, DIY, drawing, choir, cooking, creative writing
- **organising:** fundraising, starting their own business, helping a charity, planning events
- **social:** classes, community groups, meeting friends and family, helping vulnerable people, mentoring children in sport/homework, scouts/girl guides
- **nature:** watching/photographing nature, identifying plants and insects, nature projects, citizen science, raising awareness about an issue they are passionate about
- **entertainment:** films, books, following music, sports fan
- **digital:** podcasting, graphic design, video editing, organizing photos

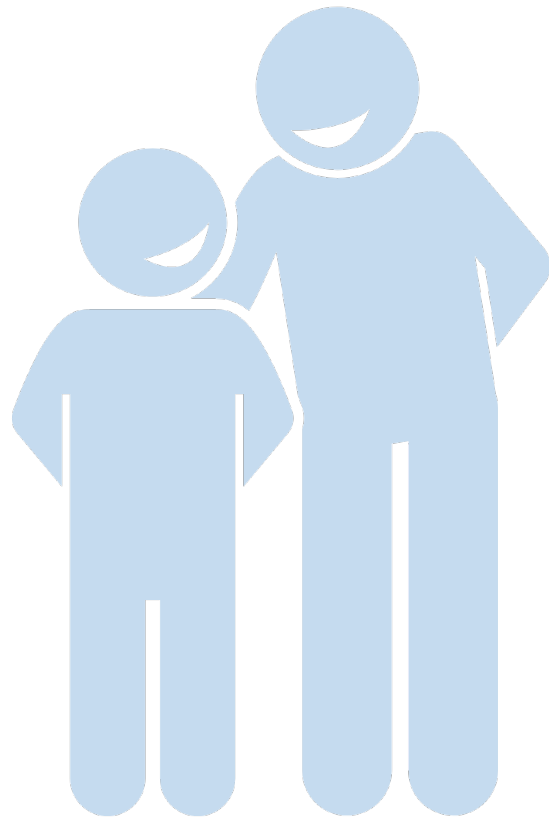


## **Thinking of each of your children individually...**

1. What are their talents and area of strength?
2. Which interests are they passionate about?

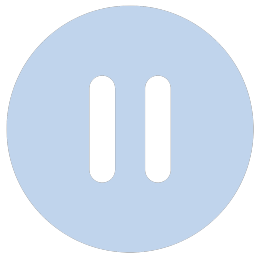
## Principle 3

**Love your  
children uniquely**



# Building Unique Connections

- **Join in an activity that your child really enjoys** - playing games, shopping, penalties, craft
- **Go somewhere together** - visit a friend, relative, go for a meal, sporting event on a walk together
- **Teach them something new** - cooking, magic trick, make-up tips, grow food, skim stones
- **Let your child teach you** - video games, a craft, dance, hairstyle
- **Learn something new together** - attend a course, watch videos, read books together or in parallel
- **Build rituals** - daily crosswords, bedtime reading, daily cycle
- **Plan family projects** - design/repair/build/decorate together
- **Share an interest** - music, films, craft, sport
- **Go on a day-long adventure** - camp out, hike, fishing
- **Go on 1:1 outings** - shopping, visiting friends, sporting event, eating out
- **Find moments** to play and chat every day



## Thinking of each of your children individually...

1. What unique **connection** do you have?
2. What **passions** do you share with them?
3. What do you **enjoy** doing with them?

## Principle 4

# Teach skill mastery and responsibility

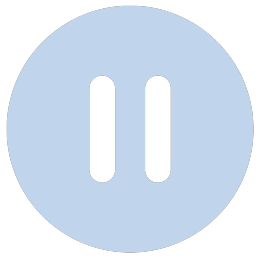


# Building Skills and Responsibilities

**What chores/ responsibilities do your children currently have?**

**What responsibilities could you handover to them?**

- choosing their own clothes
- getting up in the morning
- washing-up, ironing
- mowing the grass
- painting a room
- planning out weekly schedule
- cooking meals
- keeping their bedroom tidy
- preparing their own lunch
- shopping for groceries
- washing the car
- clearing out a cupboard
- caring for a younger child
- feeding and caring for a pet
- planting flowers and vegetables
- making their own life decisions
- organise the recycling



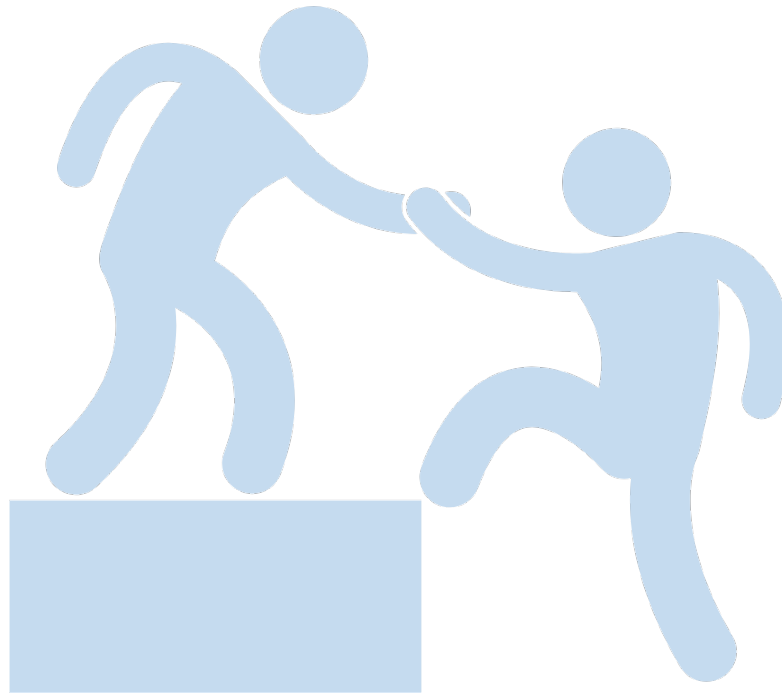
## Thinking of each of your children individually...

1. What chores or responsibilities do your children **currently** have?
2. What responsibilities could you **hand over** to them?
3. How could you **teach them** these skills in a fun, empowering way?



## Principle 5

**Help your child to  
make a difference**



# Helping Others

- Help your children think of ways they can help others and become involved in socially meaningful activities.
- Establish family rituals such as visiting sick or elderly neighbours or supporting charities that your children can become involved in from an early age.

## Principle 7

# Build your child's assets



# Your Child's Assets

- 1. Parental Connection** Your parents love and support you.
- 2. Parental Rules** Your parents set clear rules and enforce them.
- 3. Non-parental adult role models** You know adults that encourage you often.
- 4. Peer role models** Are most of your friends responsible?
- 5. Family communication** How often do you talk to an adult in your household about your problems?
- 6. Use of time (groups/sports)** You participate in an organized activity after class.
- 7. Use of time (religion)** How often do you participate in church/religious activities?
- 8. Community involvement** You work to make your community a better place.
- 9. Aspirations for the future** As you look to your future, how important is it to you that you stay in school?
- 10. Responsible choices** You can say no to activities that you think are wrong.
- 11. Good health practices** You take good care of your body by eating well and exercising.

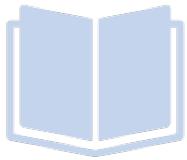
# Building your Children's Resilience and Self-esteem

1. Support your child's character strengths
2. Help your child find their niche
3. Love your children uniquely
4. Teach skill mastery and responsibility
5. Help your child to make a difference
6. Build your child's assets

# Further Resources



[solutiontalk.ie](http://solutiontalk.ie)



'Positive Parenting' 'Parenting Teenagers'  
'Bringing Up Happy, Confident Children'



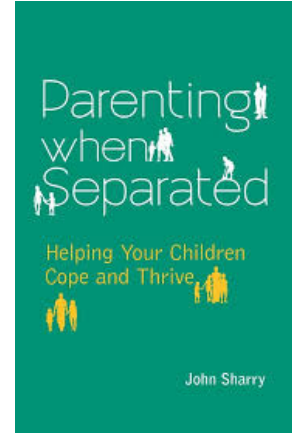
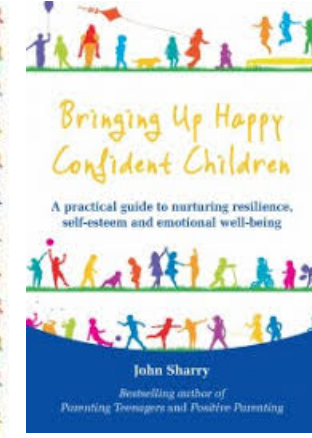
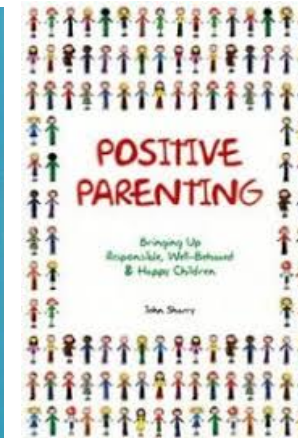
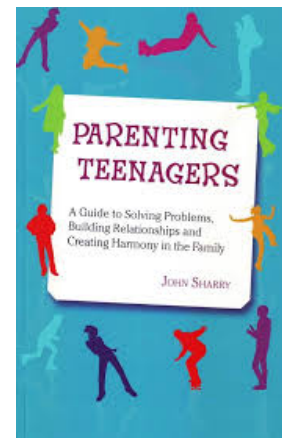
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# Questions

