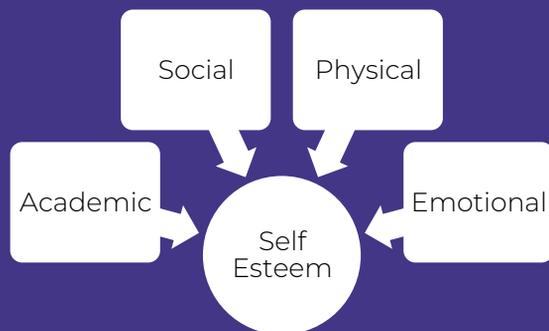


How can I enhance my child's self-esteem?

Your child's self-esteem is determined by how much value they place on themselves as a person (i.e., their own perceptions of self-worth). As such, it can be considered as a global rating or evaluation of how well they think they are doing and is a crucial component of their mental health and wellbeing. Self-esteem represents the general foundation to many other psychological qualities, including self-confidence.

What is my child's self-esteem based on?

Your child's self-esteem stems essentially from their feelings of self-worth in four key life domains:



How can I help develop my child's self-esteem?

Firstly, remember to show unconditional love for your child, where affection is not dependent upon performances or results. Secondly, provide your child with chances to develop feelings of self-worth as a person in other areas of life outside of sport (e.g., academic, social) and praise their progress and development within these areas. This will help your child to develop and value a broad identity and become a person with lots of options and components to their life.

What impact does sport have on my child's self-esteem?

Participation in sport can positively influence your child's self-esteem by enhancing their feelings of physical self-worth (i.e., feeling competent about their physical skills and having a positive image of their bodies) as well as developing their social and emotional skills. However, sport can also make children vulnerable to low self-esteem if they perceive that they lack natural ability or consider their body to be inadequate in their chosen sport. The intense participation and commitment required in some sports can also cause parents to neglect their child's social and academic development which can negatively impact on their feelings of self-worth in those areas and subsequently their overall self-esteem.