

COMMUNITY CONNECTION CAFÉ



SELF-ESTEEM AND CONFIDENCE

What is self-esteem?

Self-esteem is how we perceive our own worth and importance about ourselves as individuals.

Daily Practices

- Ask your child to share one thing they did that day that they are proud of
- Reframe mistakes and challenges as learning opportunities
- Praise their effort (not the outcome)

Tips for Developing a Culture of Confidence

- Promote curiosity: provide opportunities to learn and try a variety of activities
- Avoid comparing them to others
- Model positive self-esteem and confidence
- Expect them to pitch in: they feel valued and capable when they contribute age appropriate tasks
- Help them to set attainable goals and work with them to accomplish their goals
- Embrace failure: let your child struggle sometimes so that they develop resilience and feel confident that they can bounce back from challenges and learn from their mistakes

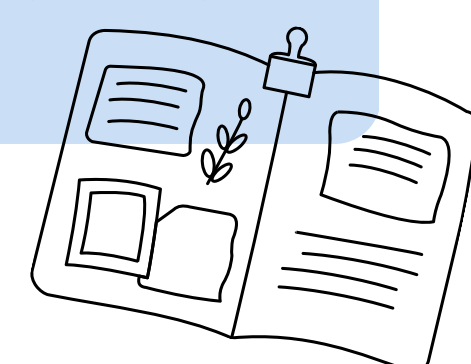
Book Recommendations for Kids

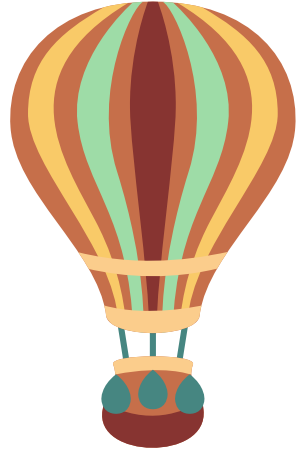
- Hey There! What's Your Superpower? by Jayneen Sanders
- I Think, I Am! by Louise Hay & Kristina Tracy
- Confidence is my Superpower by Alicia Ortego
- I am Enough by Grace Byers
- There's Only One You by Kathryn Heling et al
- The Name Jar by Yansook Choi
- Sulwe by Lupita Nyong'o
- Perfectly Norman by Tom Percival
- Miss Molly's School of Confidence by Zanna Davidson

Book Recommendations for Adults

- The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed by Jessica Lahey
- Kid Confidence: Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem
- The Self-Esteem Trap by Polly Young-Eisendrath

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Age-Appropriate Chores for Kids

Helping around the house encourages children to learn about responsibilities as well as teaching them self-care, independence, and time management skills which can build self-confidence. Below are some examples of age appropriate chores. Start with one chore and build gradually until your child can do all the chores in that category. Remember we all learn at different paces and some tasks might be more difficult than others for each child.

- ☐ Brush teeth and hair
- ☐ Pick up toys and books
- ☐ Straighten the covers or make the bed with help
- ☐ Put dirty clothes into the hamper
- ☐ Wipe minor spills

Preschooler (ages 4-5) Up to 10 minutes per day

- ☐ All previous chores
- ☐ Make the bed
- ☐ Help put clothes in laundry machine
- ☐ Help put clothes away (ex. sort socks)
- ☐ Feed pets
- ☐ Take out recycling
- ☐ Set the table
- ☐ Match socks
- ☐ Clear the table

Early Primary (ages 6-7) Up to 15 minutes per day

- ☐ All previous chores
- ☐ Packing their own backpack
- ☐ Wiping the counters
- ☐ Sweep or vacuum
- ☐ Collecting the trash around the house
- ☐ Dust
- ☐ Loading the dishwasher or washing dishes
- ☐ Water indoor plants (or outdoor with help)
- ☐ Folding the laundry or putting own clean clothes away
- ☐ Meal preparation (washing or peeling vegetables, simple cutting)

Late Primary to Pre-adolescence (ages 8-10) Up to 20 minutes per day (maybe 1-2 longer chores per week)

- ☐ All previous chores
- ☐ Packing their own lunch or snacks
- ☐ Yard work like raking leaves or pulling weeds
- ☐ Taking the trash to the bins
- ☐ Making simple meals
- ☐ Helping to wash the laundry
- ☐ Cleaning toilets, sinks, counters, mirrors
- ☐ Putting the groceries away; making grocery lists

Tracking their chores in a chore chart can help children to understand delayed gratification. It can help to set a goal for completing a certain number of chores, or consecutive days of chores. Non-material rewards like spending time together or going to the park help children understand responsibility and independence while also building practical life skills.

