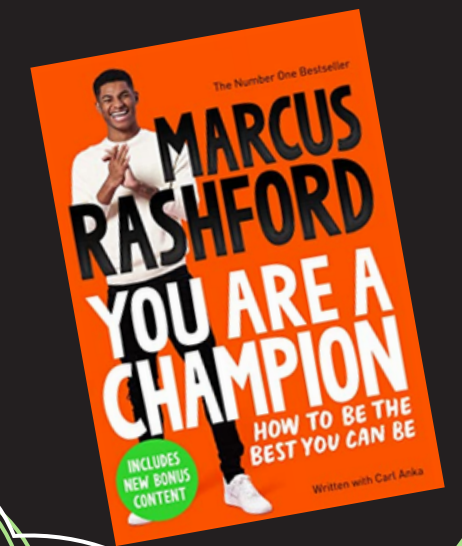




SELF ESTEEM

Self-esteem in children refers to the overall sense of self-worth or value that a child perceives about themselves. It encompasses how they view their abilities, qualities, and overall self-image. Self-esteem is crucial for a child's emotional and psychological development and can significantly impact their behaviour, relationships, and academic performance.

These websites offer valuable advice and practical tips to help children who are experiencing difficulties with friendships, making it easier for them to develop and maintain healthy relationships. There are also some books you might like to try

<https://www.bbc.co.uk/bitesize/articles/z336fdm>

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-esteem/>

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Anna Freud Centre - Self-Esteem

