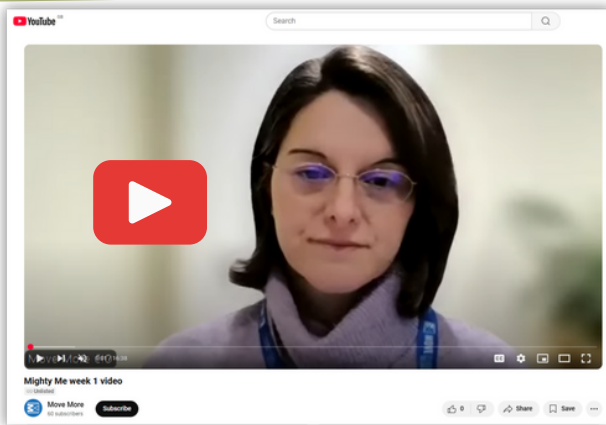


# mighty me!

Move More Self-Esteem Programme for Families

MEMBER SCHOOL  
**MOVE**  
**MORE**  
EVERY CHILD THRIVES

## WEEK ONE



Self-esteem can be described as liking yourself, feeling worthwhile, believing in yourself and knowing what you do well. Children who have low self-esteem often engage in negative self-talk (“I am stupid”, “I will never be able to do it”). Often, they think that they are not smart enough, able enough, they struggle to see the light at the end of the tunnel. Some children become very sad while some try to mask their feelings by turning into “jokers” and “class clowns”.

Does this sound familiar? If yes, then this programme is for you and your child. During the next few weeks, we will be sharing ideas around supporting your child’s self-esteem. Self-esteem usually develops organically but we can also be intentional about it. The programme includes activities for both adults and children, with the aim to create a supportive environment where children feel empowered, valued, and understood. There will be a mixture of facts and practical ideas – all with the goal to empower you to improve your child’s self-esteem.

Why do this: Self-esteem gives children confidence to try new things, do things that they might not enjoy and face challenges rather than avoid them. We think these are very important reasons so let’s get stuck in!

### We encourage you to:

- **Listen** to the videos and read each installment of the programme over the next 5 weeks;
- **Reflect** where you are at with regards to topics discussed;
- Use the tools suggested in a way that fits your family and your life;
- **Encourage** your children to complete activities;
- **Share** your thoughts/progress/feedback with us via email ([marijana@move-more.org](mailto:marijana@move-more.org)) and/or via social media by tagging @MoveMoreCIO

**We can’t wait to hear how you are getting on!**



### What is self-esteem?

Children (and parents!) sometimes find it tricky to understand what self-esteem is and how to improve it. This is because self-esteem is one of those ideas that are not tangible; it isn't something that we can touch or see. It isn't a skill like spellings or Maths where it is quite clear what needs to be done to improve it. Although "slippery" to put your finger on, self-esteem is incredibly important and powerful because it is about feeling good and believing in yourself. It is about feeling confident in your abilities to deal with situations and problems – a skill incredibly important for all of us!



Having a good self-esteem is not about always feeling on top of the world and never doubting your abilities. Everybody doubts themselves sometimes, but people with good self-esteem are able to think about different ways of addressing the problem and move on. Having a good self-esteem also isn't about boasting and thinking that you are better than others. It is about feeling good about yourself while appreciating and celebrating other people.

### Self-esteem building block No 1: Relationships, relationships, relationships

Warm and loving relationships are the foundation of children's self-esteem because they make children feel valued and worthwhile. Relationships are built on plenty of responsive, caring interactions with your child while meeting their basic emotional needs to belong and feel significant. In this hectic world we live in, it is sometimes hard to find time to spend with children. But our time and attention are the biggest gift we can give them. It is also worth noting that relationships are often built on regular focused bursts of time spend with children, and not necessarily on grand gestures and quantity. Which is the reason why we are starting this programme with just that. Read on to find out how.



**The Mighty Me Activity to foster Relationships: Special time** is regular time that you set aside to spend playing one-on-one with your child. This can be every day or as often as you can manage it lasting around 10 or 15 minutes. Your child picks and leads the activity, while you follow along and give your undivided attention. Being child-led is the key here – this is not the time for you to try and teach them anything, to tell them off or discuss their worries or behaviour, or to interfere with how they are playing.

If you are thinking, **‘but I’m already spending a lot of time with my child - how is this going to help?’** You’re right — we do spend a lot of time with our children. We feed them, bathe them, help them with homework, read to them... But special time is different because of its unique benefits: it doesn’t only help with self-esteem but also meets their emotional needs and helps with improving their behaviour (especially not listening and defiance). And although it might be easier to spend time with your children while they are younger, as soon as they start school and start attending clubs, special time becomes even more important. It is like giving your child a daily dose of positive attention and sense of significance and belonging in a way that they need.

### How to do it:

- Tell your children that you’d like to have Special time with each of them and that this time will be called “(child’s name) time”. Suggest taking turns with the choice of things to do during this time.
- Set the alarm for 15 minutes and let them choose what you will do during your special time.
- Give 100% of your attention, with no agendas. Just follow their lead and refrain from giving instructions, trying to improve what they are doing or similar.
- When it is your turn to decide what to do, play games that get your children laughing, giggling, and moving.
- Stop special time when the timer goes off. Give your child a hug and a kiss, tell them how much you enjoyed your special time and how much you are looking forward to the next one.

### Special time games to help with self-doubt, low moods and low self-esteem:

**Pillow fights** - let children try to push you over with pillows and wrestle with them. Let them win.

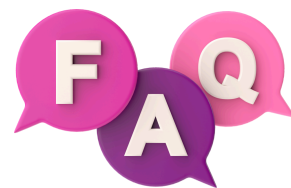
**Chase games** - catch them and let them go again. Or trip just before you catch them.

**The fix game:** chase the child, hug them, kiss them, let them get away and while doing that say something like: “Where is William? I need my William cuddles... You can’t get away from me... I absolutely have to hug you or I’ll burst.... Where have you gone now? you are too fast for me... But I will never give up.... Oh no, you are too strong for me... You escaped this time, but I will always want my William hugs and kisses....”





## SPECIAL TIME



***“I like special time idea but I am a single parent with 3 children. How do I manage it?”***

Start by telling your children that you plan on spending one-on-one time with each of them in addition to the time you spend together as a family. Together create a plan or rota system allocating different days/time slots to each of your children making sure that there is fairness behind the process. As soon as they see that everybody is getting the equal amount of attention, they will relax into it and won't interrupt while you are with another child. You can also consider inviting a friend who plays well with all children over to play. Have that friend play with two while you do special time with the other, then switch. Another way to solve this is to have a special activity for children to do while you are doing special time with their sibling – something that is out of the ordinary and they particularly like doing. Finally, some families addressed this problem by having special time at different times of day with different children. For example, have special time first thing in the morning with a child who is an early riser while others are asleep.

***“I work long hours and can only realistically do special time at the weekend. Is it still worth doing then?”***

Absolutely! Although doing special time as often as possible is the ideal, real life doesn't work like that. So, adjust special time frequency to suit your family situation. The rule of thumb here is all or something not all or nothing.

Do what you can do and don't beat yourself about not doing it every day – it all counts.

Have a look at our  
**video link for more tips!**  
<https://youtu.be/EUoZNYjvghg>

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