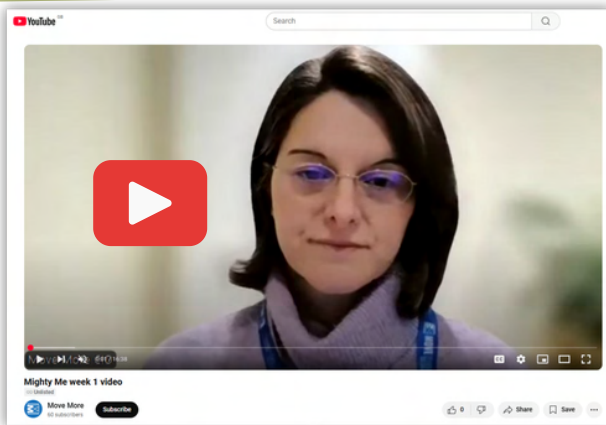


# mighty me!

Move More Self-Esteem Programme for Families

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

## WEEK FOUR



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!**



### Self-esteem building block No4: Independence

Independence is not just an important milestone in your child's physical development; it is also one of the fundamental building blocks for their self-esteem. However, this is not about pushing children to be emotionally independent when they are not ready. It is not about pre-mature emotional self-regulation because making children self-soothe and regulate when they are not ready is more likely to have a negative impact on their wellbeing. This is about age and developmentally appropriate independence to look after their own physical needs, to contribute to the household jobs, and to tackle (small) problems.

But encouraging independence in children is more than just teaching them to tie their shoelaces or make their beds. It's about instilling a mindset that values self-reliance and problem-solving. Independent children are better equipped to face challenges, make decisions, and develop a strong sense of self. This early empowerment contributes significantly to their emotional and cognitive growth, as well as their self-esteem.

**Independence builds confidence:** When children are given the opportunity to accomplish tasks on their own, they develop a sense of confidence in their abilities. Simple activities like dressing themselves or dusting may seem trivial to us, but they can contribute significantly to a child's self-esteem.

**Independence encourages problem-solving skills:** Performing age and developmentally appropriate tasks requires children to think critically and solve problems independently. Whether it's figuring out how to make their bed or organising their toys, these tasks enhance their cognitive abilities and lay the groundwork for more complex problem-solving later in life.

**Independence promotes accountability:** By encouraging children to take on household jobs, we teach them about responsibility and accountability. This in turn teaches them that their actions have consequences, both positive and negative, and that contributing to the family unit is an essential part of growing up. These early lessons in responsibility pave the way for a strong work ethic and a sense of duty in the future.

This is why **independence** is such an important self-esteem building block!

# Independence

### Independence Tips for Mighty Parents

1

**Give them responsibilities:** As child's self-esteem develops when they begin to be more independent and start to get a sense of their abilities, consider starting with practices that will give children more responsibilities. Provide children with age-appropriate responsibilities, such as household jobs, looking after pets, or taking charge of game night or a family event. All of these will enable them to build a sense of both responsibility and independence.

2

**Take time to train:** set your children up for success by investing time into teaching them how to do certain jobs around the house. If we expect them to vacuum, are you certain that they know how to do it and to what standard? How about dusting or turning a washing machine on? If your child is reluctant to do certain jobs, sometimes it is because they are not sure how to do it and feel embarrassed about it.



3

**“Never do for a child that which they can do for themselves” (Dr Maria Montessori):** the logic behind this is very simple - when we do too much for children, we rob them of the skills and practice necessary to develop competence and mastery in life. Instead of learning life skills and becoming independent, they might develop something that is known as “learned helplessness”.

NB. However, take this last tip with a pinch of salt – there will be days when your child's window of tolerance won't be as great, and they will struggle with even the smallest of tasks. It may be that they didn't sleep well or that they are coming down with a cold which is leaving them feeling exhausted and with very little energy for tackling tasks and responsibilities. Also, some children's self-esteem has been knocked down so much that they fear even starting a task by themselves.

In these situations, there is nothing wrong with giving them grace and offering help. Sometimes, what works is if you do a little and then encourage them to join you and complete the task or you do half and they do the other half. So, if your child is resisting, ask yourself “Why” and provide appropriate support. Equally, if your child is struggling with something, ask yourself “Do I really need to interfere or would they benefit more from working this out by themselves?”



# 4

### 4. Teach problem solving:

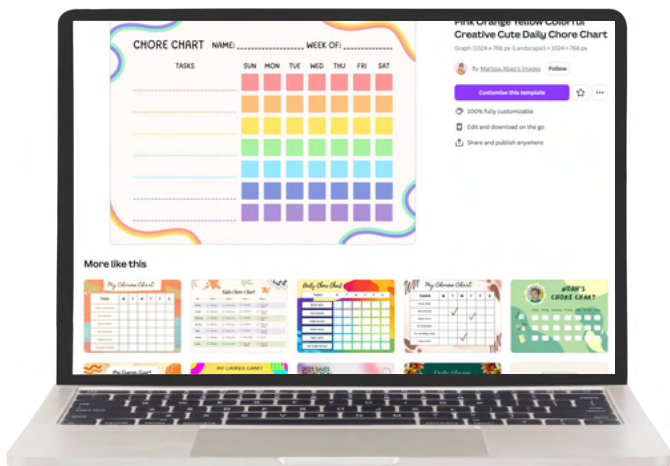
Resist the urge to solve every problem your child might be facing, even if they whine and complain. Instead, encourage them to find the solution on their own, and offer support and guidance when they need it.



# 5

### Make it part of their routine:

children thrive on routines and structure so why not use them to help with jobs and ultimately independence? To do this, you could agree with a child on when they will do their jobs – after school, before or after dinner... You can then put these jobs on your child's routine chart as a visual reminder.



There are a number of free downloadable routine / chore PDF charts online or you can create your own custom chart using templates on Canva. You can sign up for a free account here >> [www.canva.com](http://www.canva.com)

**Check out our Independence Boosting Activities For Mighty Children On The Next 2 Pages!**

### Independence Boosting Activities for Mighty Children

Here is an idea of how to introduce your children to family jobs (or contributions) and to help them get into the habit of completing them.

#### Family Chores:

- As a family, write down the list of all household jobs.
- Separate them into two piles: one for jobs that are not currently appropriate for your children (so you will have to do them) and one for jobs that they are old enough to complete.
- Take time for job training – make sure that your children know how to do all the jobs that are currently appropriate for them.
- Create fun ways to rotate jobs, such as a job wheel with a spinner, job charts, or a job jar for “fishing” out two chores for the week.
- Regularly check in with your children and help them solve any problems.



Some ideas for rotating family jobs:

### “Lucky Job roll”

Write down 5 jobs that need to be done daily. Each day the children roll the die. If they get a 1-5, they will do the job on the list that corresponds with that number. If they are lucky enough to roll a 6, that means they get a free day with no jobs.



### “Job Wheel”

You can support the allocation of family jobs by using a job wheel. Simply, use a paper plate divided into pie pieces. In each piece write/draw different job that needs doing. Attach an arrow to the centre of the paper plate and you've got a job wheel! This wheel will act as a way of helping to decide which jobs will be done by which person without causing arguments and tension within the family. Each person gets the opportunity to spin the wheel and then complete their task.

Have a look at our video link for more tips!

<https://youtu.be/zvQBfklEAY0>

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