

# BOOSTING THE CONFIDENCE & SELF-ESTEEM OF OUR CHILDREN

February 2020

# Mental Health Crisis

In October, the Centers for Disease Control and Prevention reported that after a stable period from 2000 to 2007, the rate of suicide among those aged 10 to 24 increased dramatically - by 56 percent - between 2007 and 2017, making suicide the second leading cause of death in this age group, following accidents like car crashes.

<https://www.nytimes.com/2019/12/02/well/mind/the-crisis-in-youth-suicide.html> - Jane Brody NY Times 12/2/2019

# SOCIAL MEDIA



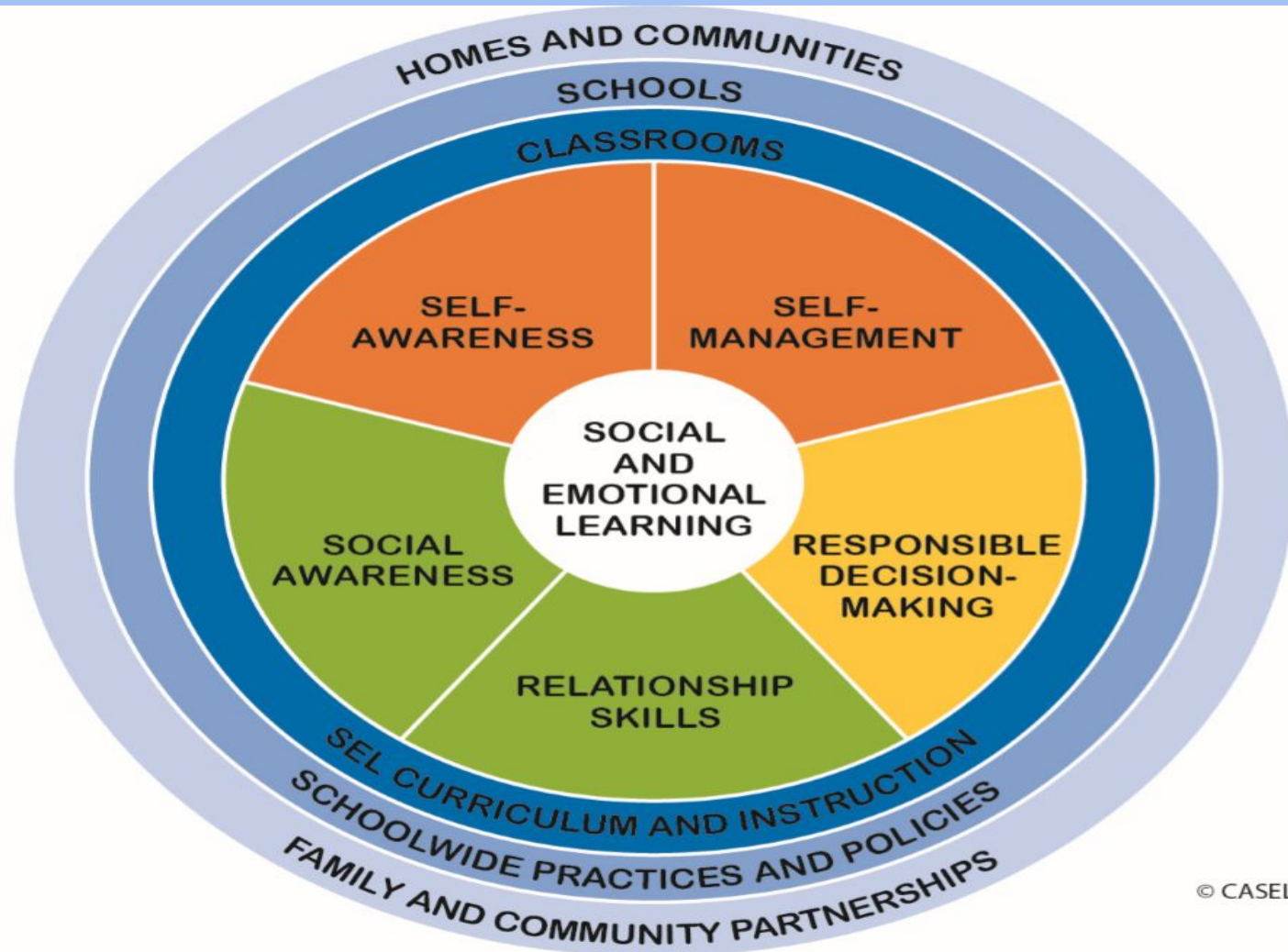
# District Focus on Social Emotional Learning

Social and Emotional Learning...”focuses on a set of social, emotional, behavioral, and character skills that support success in school, the workplace, relationships and the community” (Frey, Fisher & Smith, p. 2).

Children who are able to effectively manage their thinking, attention, and behavior are also more likely to have better grades and higher standardized tests scores (Jones et. al, 2018)



# Collaborative for Academic, Social, and Emotional Learning (CASEL)





# SEL Competency Standards as per NJ DOE



## New Jersey Social and Emotional Learning Competencies and Sub-Competencies

 <h3>SELF-AWARENESS</h3> <ul style="list-style-type: none"><li>• Recognize one's feelings and thoughts</li><li>• Recognize the impact of one's feelings and thoughts on one's own behavior</li><li>• Recognize one's personal traits, strengths and limitations</li><li>• Recognize the importance of self-confidence in handling daily tasks and challenges</li></ul>	 <h3>SELF-MANAGEMENT</h3> <ul style="list-style-type: none"><li>• Understand and practice strategies for managing one's own emotions, thoughts and behaviors</li><li>• Recognize the skills needed to establish and achieve personal and educational goals</li><li>• Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals</li></ul>	 <h3>SOCIAL AWARENESS</h3> <ul style="list-style-type: none"><li>• Recognize and identify the thoughts, feelings and perspectives of others</li><li>• Demonstrate and awareness of the differences among individuals, groups and others' cultural backgrounds</li><li>• Demonstrate an understanding of the need for mutual respect when viewpoints differ</li><li>• Demonstrate an awareness of the expectations for social interactions in a variety of settings</li></ul>	 <h3>RESPONSIBLE DECISION-MAKING</h3> <ul style="list-style-type: none"><li>• Develop implement and model effective problem solving and critical thinking skills</li><li>• Identify the consequences associated with one's actions in order to make constructive choices</li><li>• Evaluate personal, ethical, safety and civic impact of decisions</li></ul>	 <h3>RELATIONSHIP SKILLS</h3> <ul style="list-style-type: none"><li>• Establish and maintain healthy relationships</li><li>• Utilize positive communication and social skills to interact effectively with others</li><li>• Identify ways to resist inappropriate social pressure</li><li>• Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways</li><li>• Identify who, when, where, or how to seek help for oneself or others when needed</li></ul>
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\*Adopted by the New Jersey State Board of Education in August 2017

# How to Help All Children Build Confidence

- Make a worst possible outcomes list. Looking at their fears makes it obvious that the worst is not likely to happen and that they can handle it if it does.
- Create a list of previous risks. Talk about what they have learned.

# Activities

- Have them take “risks”
  - Ordering coffee
  - Play date with a new friend
  - Speaking to adults - restaurants, etc.
  - Making a play date on their own
  - Asking a teacher for help, extra help, resolving an issue
  - Advocate for help in a social situation from a school counselor, teacher, etc.



# Gender “Norms”

*“So what boys are taught is when you are sad, when you are upset, do not get sad, but get mad”- Dr. Steiner-Adair*

How to help:

- Let them cry: Let them know that they shouldn't be ashamed of tears. Remind them that you are not embarrassed when they cry and expressing it doesn't make them weak
- Be open about feelings: validate their sadness or frustration by encouraging them to talk about their emotions. Remind them that **everyone has emotions.**
- Model: As a parent, be expressive about emotions and show your child how to handle disappointments

# Competition Concerns

Constant competition

- Who's the fastest?
- Who's the tallest?
- Who's the best at basketball?

How to Help:

- Talk about different, not better
- Watch what they watch on TV- “not all boys/girls are like that...”
- Provide examples of more varied role models

# The Confidence Crisis in Girls

SHIPMAN, KAY & RILEY, 2018

- “Between the ages of 8 and 14, girls’ confidence levels fall by 30 percent...”
- “Of course, at the center of the confidence changes in adolescence is what’s going on in girls’ brains. The largely female trait of rumination really kicks in at puberty, which can be brutal because girls don’t usually know what’s hijacked their heads and feelings, and overthinking creates even more risk avoidance. There’s tremendous evidence, however, that recognizing the way our brains are working is the most powerful move we can make toward retraining and rewiring”.

# Brain Development

## NEURONS

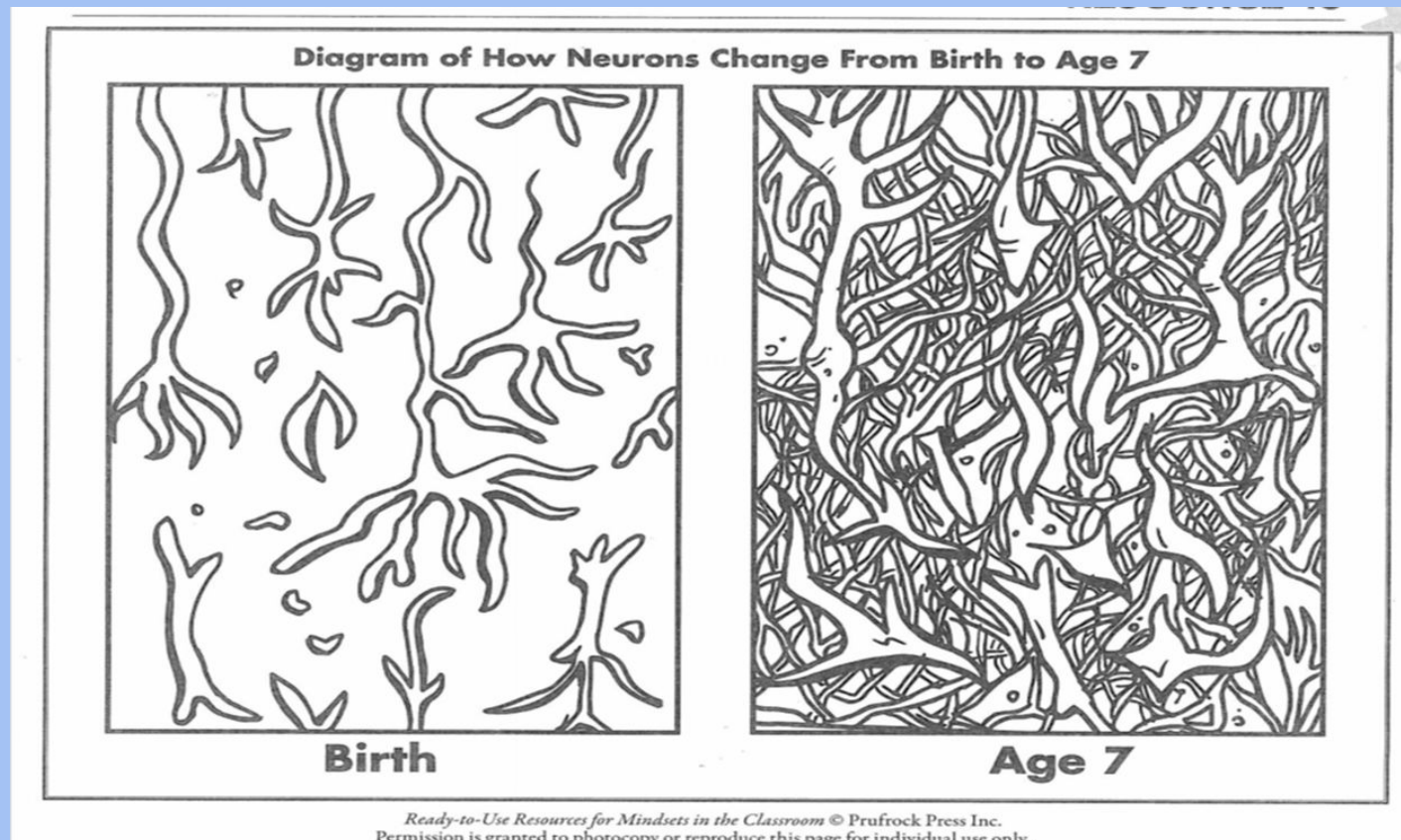
Neurons are everywhere in your brain. Tiny brain cells that send signals to other cells in your body telling them what to do.

## NEUROPLASTICITY

The ability of the brain to change, adapt, and rewire itself throughout our entire life.

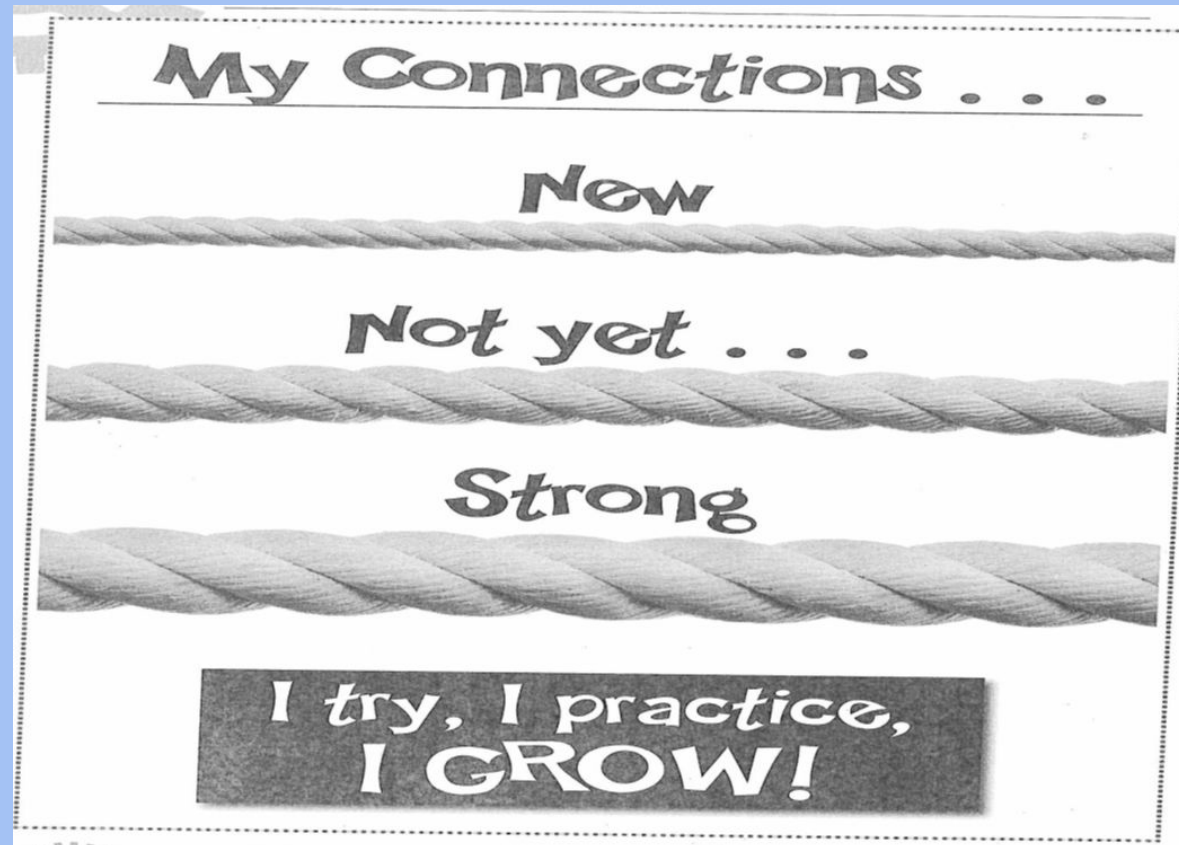
<https://www.youtube.com/watch?v=ELpfYCZa87g>

# Neuron Development





# Building Connections



# Dealing with Conflict

- Emphasize empathy – model that as well
- Do not allow trash talk in your home, name calling, etc.
- Develop self-advocacy skills
  - (Arky, 2018)
- Help them to identify how they are feeling, “I feel \_\_\_\_\_ when you \_\_\_\_\_”
- Help to work together with the other person on how to resolve the conflict
- Walk away, take a deep breath, ask for help
- Model how to speak with friends, apologize, etc.

# Take the Fear Out of Failure

SHIPMAN, KAY & RILEY, 2018

Failure will happen. That is ok. Acknowledge it and then...

Change the channel – Immediately after a disaster, do not analyze what went wrong, or assure them that you can fix it, or tell them that it does not matter.

## **First:**

- Take a break

## **Second:**

- Talk about it from all perspectives
- Acknowledge your own toxic thoughts

## **Third:**

- Make a plan- next time, we will (or you will)...study, walk away, get help, laugh, etc.

# Additional Tips on Building Confidence

Love your child – accepted, supported, cared for

Give praise – where it is due (praise the effort)

Help your child set realistic goals

Provide your child with the power to “choose”

Chores

Model good behavior and healthy habits

Support their interests/passions

Coach relationship skills – do not FIX

Time & Attention

# Parting Thoughts...

**I have not failed,  
I've just found  
10,000 ways  
that won't work.**

*- Thomas Alva Edison*



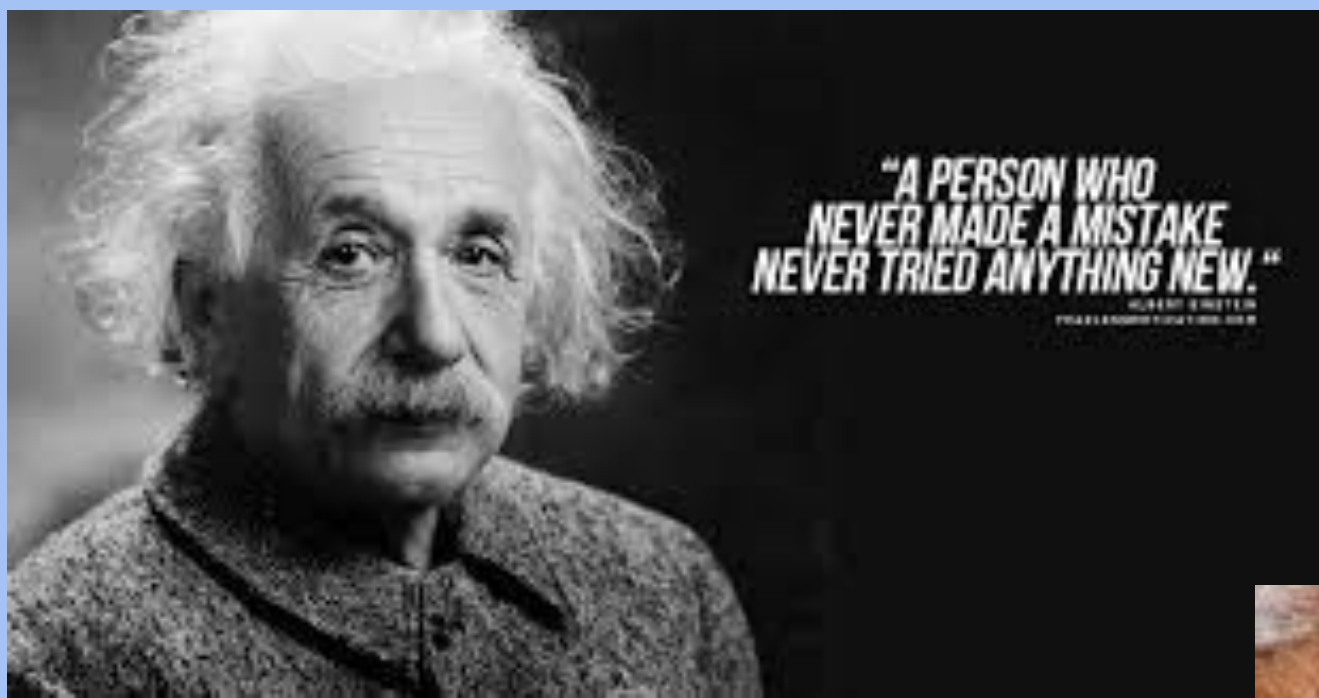
Success consists of going  
from **failure to failure**  
without loss of enthusiasm.

*- Winston Churchill*

Goalcast







**"A PERSON WHO  
NEVER MADE A MISTAKE  
NEVER TRIED ANYTHING NEW."**

HUBERT H. HOFFMANN  
FOCUS ON EINSTEIN, 1955, AP/WIDE WORLD



**NELSON  
MANDELA**

1918-2013

Do not judge me  
by my successes,  
judge me by how many  
times I fell down and  
got back up again.

[InspirationBoost.com](http://InspirationBoost.com)

**“I’ve failed over  
and over and over  
again in my life...  
and that is why  
I succeed”  
- Michael Jordan**

More Quotes @ [www.InspiringQuotes.in](http://www.InspiringQuotes.in)



**‘It’s fine to celebrate  
success but it is  
more important to  
heed the  
lessons of failure.’**

*- Bill Gates*





Think like a queen. A queen is not afraid to fail.  
Failure is another steppingstone to greatness.

(Oprah Winfrey)

"I've missed more than  
9,000 shots in my career.  
I've lost almost 300 games.  
26 times I've been trusted  
to take the game winning  
shot and missed.  
I've failed over and over  
and over again in my life.  
**And that is why I succeed."**

~ Michael Jordan

