

Craft: You Are a Star!



Building and Enhancing Self-Esteem

Building trusting relationships with children is one of the most important things parents or caregivers can do to promote children's social and emotional development.

We all need to feel valued and special, particularly by those we are close to. Children benefit when they know that the adults in their life recognize their strengths, qualities, and personal gifts.

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Create a 'star' for your child by writing down the positive qualities, strengths, and attributes of that child all around the star. If you have a photo, you can glue it to the centre of the star or you can print your child's name. Share with your child the star you made. Show or tell them all about the special things about them.

Things to Remember:

- ★ Feeling validated by the important people in our lives contributes to a healthy self-esteem.
- ★ It is important for adults to express their positive impressions of the children they live or work with.
- ★ It is important for children to receive a very concrete validation of their special qualities.
- ★ Being validated by important adults promotes trusting relationships, positive expression of emotions, and healthy relationships.



Adapted from *Handle with Care – Promoting the Mental Health in Young Children*

