Self-Esteem and Behavioral Challenges

Self-esteem is defined as a person’s overall sense of worth, value, and importance. Self-esteem is a vital component of social-emotional development. It impacts confidence and motivation. A person with low self-esteem may struggle with behavioral change because his/her motivation to change is inhibited by a lack of self-worth. In other words, “What’s the point of trying to do better? What is in it for me?”

Children with special needs struggle with building their self-esteem because they view themselves as “different”. They receive attention based on their disability rather than their strengths. This inhibits their opportunity to learn from their successes and failures. Children with learning differences or developmental disorders may also be treated differently by peers and have fewer socialization opportunities in which to build their sense of self.

Children with low self-esteem may not outwardly express their feelings of worthlessness. Their diminished sense of value can be observed through their behavior. Some observable behaviors that may indicate low self-esteem include: poor hygiene, social isolation, lack of enthusiasm for peer interaction, easily frustrated by difficult tasks, and making derogatory statements about self.

Tips for Building Self-Esteem

- Give praise and compliments
- Set achievable goals
- Do things with your child that make them feel special
- Focus on your child’s strengths and skills
- Ask your child to name three things they like about themselves
- Ask your child to help with tasks that contribute to the family/home
- Teach decision making and problem solving skills
- Value successes and failures
- Learn and practice new skills together

A 2020 study shows a relationship between the rise in self-esteem in individuals with Autism and a decrease in social stigma.

"No one can make you feel inferior without your consent”

~ Eleanor Roosevelt ~

Upcoming Events

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Topic</th>
<th>Link</th>
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<tbody>
<tr>
<td>Tue, August 11 @ 6pm</td>
<td>Help! My Child Won’t Wear a Mask!</td>
<td><a href="https://zoom.us/meeting/register/tICrdumhrT8iHt2RzfH5oECfVLj1P2NMrfF8t">https://zoom.us/meeting/register/tICrdumhrT8iHt2RzfH5oECfVLj1P2NMrfF8t</a></td>
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<tr>
<td>Wed, August 12 @ 11am</td>
<td>Take the Stress Out of School Transitions</td>
<td><a href="https://zoom.us/j/94312045558?pwd=MkkrdrzR3YzVCMVI2JUyBhDORXpzdz09">https://zoom.us/j/94312045558?pwd=MkkrdrzR3YzVCMVI2JUyBhDORXpzdz09</a></td>
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<td>Let’s Talk: A-Maze-ing Therapy</td>
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<td>Mindfulness &amp; Managing Stress</td>
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