

PROJECT 319

Comfort and Self Esteem

Children with low self esteem:

- are self-critical and hard on themselves.
- feel they're not as good as other kids/unsure of themselves.
- think of the times they fail rather than the times they succeeded.
- lack confidence.
- doubt they can do things well/ will not join in.
- they may let others treat them poorly/ not able to defend themselves.

Children with high self esteem:

- feel like and accepted.
- feel confident, feel proud of what they do.
- think good things about themselves.
- believe in themselves.
- try new things.
- are able to cope with mistakes.
- admit when they mess up.
- they don't hide anything- no secrets.
- they know how to forgive.

FALSE COMFORTS IN CHILDREN

- TV, Social Media, Gaming
- Drugs
- Unhealthy Relationships
- Self Soothing- Hair Twirling, Rocking, Thumb-Sucking, Object Sucking (clothing, pacifier), fingernail biting, object biting (pencil), skin picking, self-harm, masturbating
- Isolating- Where they find love is by themselves. (A lot of times we can look at a child and think that they are doing OK, so they don't need to be comforted.)

Examples on How to Comfort a Child

- Physical touch
- Communication, a safe place to share their feelings
- Teaching them to Reset, Breathing exercises. "It's going to be OK"
- Reminding them that they are not alone. "You are not alone, I am not alone."
 - Listen to a lot of music these days, art, poetry speaks- I am alone.
 - Trinity Personally
- Being Creative helps to Comfort a Child.

Meeting Children Where they are and Redirecting their Attention.

- "What would make you feel better?"
- Offer a choice between 2 options.
- Sing a comforting song together.
- Find the Good. "I know you are feeling sad/mad, and that ok. But can you help me name three happy thoughts right now?"

Explaining Feelings

Name their feelings- to help your child develop emotionally, it is important to name their feelings.

Listen- when your child is expressing their feelings, verbally, listen to what they have to say with sensitivity/ no judgement.

Give them Words- If your child is expressing their feelings in a nonverbal way – help them find their words.

EXAMPLE: happy, sad, relaxed, hurt, scared, hungry, proud, sleepy, angry, helpless, irritated, embarrassed or joyful.

Validate Feelings

- Can you tell me what's wrong?
- Repeat their words back to them.
- Label what's going on (for example, "You seem a little sad") This helps children accept how they are feeling, which helps them move past it.
- "It's OK to feel this way." it's important for children to know that sadness, anger, and other big emotions might feel really uncomfortable, but that is normal.