



South East Toronto

Family Health Team

Welcome back!



Serena Beber RD MScCH is a registered dietitian, working with in family practice for over 20 years. At SETFHT, Serena has worked with parents, families and children of all ages to promote a healthy relationship with food, enjoyable family meals & develop a positive body image. Serena is a Lecturer at UofT in the Department of Family & Community Medicine, working with medical learners teaching nutrition throughout the lifespan.

Thea Smith MSW RSW is a registered social worker with expertise in developmental psychology, child and adolescent mental health and family systems. Thea has worked in a counseling capacity in both community and healthcare settings for several years. At SETFHT Thea provides psychotherapy to children, youth and adults, as well as parenting support.



PLEASE NOTE:

While based in research and developmental knowledge, everything discussed here are mere suggestions to guide you as opposed to instruct you on your parenting. We all come from different value systems, and you are the expert on your own family. As well, all children are unique so what works for one may not make sense for another. Since this is general advice, if you are looking for personalized guidance please reach out to your doctor.



Self-Esteem: The Role of the Family in Nurturing Child and Adolescent Self-Esteem

SETFHT PARENTING WEBINAR SERIES

*In this webinar
parents and
caregivers will:*

- Learn what self-esteem is and how it is differs between childhood and adolescence
- Understand the role of self-talk, failure, body image and social media use in high and low self-esteem
- Gain knowledge and parenting strategies to help foster growth in self-esteem

What is self-esteem and where does it come from?

- Internal experience of how we feel about ourselves and our inner self-worth
- Changes over time
- Many sources of self-esteem including: parents, peers, skills, abilities, competencies, things we say to ourselves etc



Self-esteem at different ages and stages

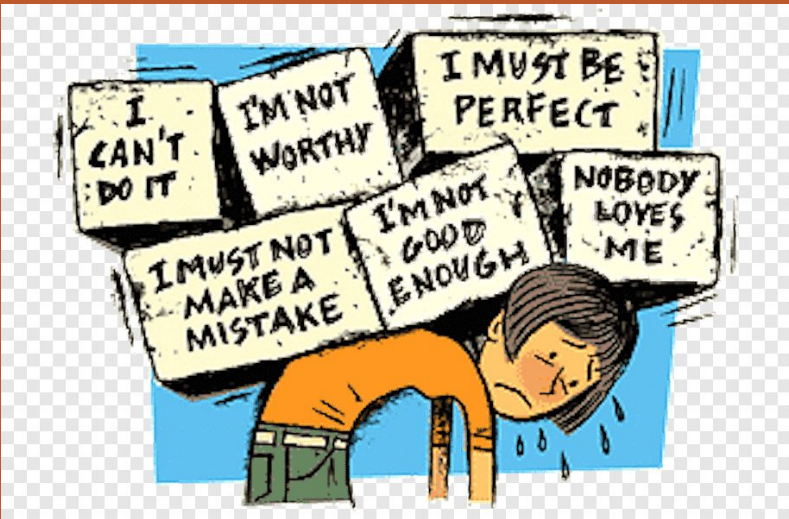
Infancy → Formed through early interactions with parents/caregivers

Childhood → Based on feedback from others, opportunities to try new things, conflict resolution

Adolescence → Social comparisons, evaluation from teachers, learned skills



Self-esteem and self-talk

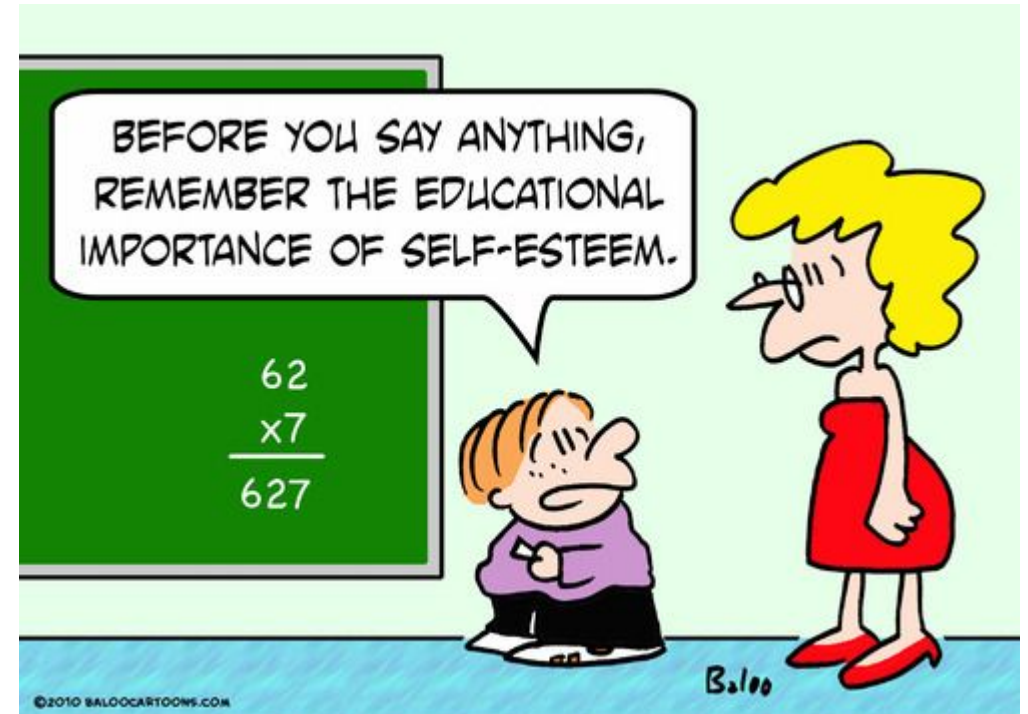


- Self-talk is our inner monologue!
- Can be positive and supportive OR can be critical and perfectionistic
- Constant negative self-talk can be a sign of an inner struggle with self-esteem in children and teens

TIP: Model positive self-talk for your child and help them with theirs

Why does failing matter?

- Failure is a normal part of life!
- Fearing failure often leads to anxiety and meltdowns
- Trying things out, experiencing setbacks and being willing to try again all foster high self-esteem



TIP: Normalize making mistakes and praise effort > outcome

Surviving (and thriving?) in an online world



TIP: Help young people develop a critical eye when using social media

Tips for fostering growth in self-esteem

- Teach kids to listen to themselves
- Talk back to negative self-talk
- Encourage effort over outcome
- Have clear and reasonable expectations
- Create opportunities for learning
- Be kind to yourself



Be a Good Body Image Role Model

- Accept that bodies come in all shapes and sizes
- Be aware of negative body talk
- Avoid dieting yourself and don't encourage your children to diet
- Engage in regular activity, focus on health, fun and enjoyment
- Encourage children to be media savvy- to question society's ideals of beauty



Enjoy a Positive Family Environment

Positive Body Image Development

- Create a supportive environment- warm, responsive, but clear limits
- Encourage intellectual and creative hobbies
- Have regular family time- bike rides, hikes, nature walks, game nights
- Get involved in helping others
- Discuss about culture and body image



Enjoy Regular Family Meals

- Include a wide variety of foods, including those “occasional foods”
- Avoid labelling food as good or bad
- Make meal time positive- focus on your day and other events
- Limit focus on people’s food choices

More Family Meals=

- Healthier Dietary patterns
- Less disordered eating
- Better academic results
- Less risky behaviours



Frequently Asked Questions

- I try and put my teen in clubs/activities and they are not interested in anything! All they want to do is sit at home and play online games with their friends. How do I balance exposing them to new things while respecting their boundaries?
- What do I do if I am concerned about my child's weight?



Summary

1. Self-esteem is an inner experience of self-worth that fluctuates over time
2. Self-esteem is important to build in childhood as it encourages resilience and good coping skills
3. Foster self-esteem by encouraging positive self-talk, normalizing making mistakes and encouraging a critical eye for social media
4. Be a good body image role model by enjoying a positive family environment and regular family meals

Mental Health References and Resources

ChildMind: Confidence and Self-Esteem

<https://childmind.org/topics/confidence-and-self-esteem/>

Anxiety Canada: All about Self-Talk

<https://www.anxietycanada.com/articles/all-about-self-talk/>

Very Well Family: 9 Ways to Build Self-Esteem

<https://www.verywellfamily.com/ways-to-build-strong-self-esteem-in-your-child-3953464>

Body Image References and Resources

Having Body Positive Conversations

<https://hollandbloorview.ca/sites/default/files/2021-07/Parent%20Guide.pdf>

Dove Self-Esteem Project

<https://www.dove.com/ca/en/dove-self-esteem-project/help-for-parents.html>

Ellyn Satter Institute- helping develop positive family meals

<https://www.ellynsatterinstitute.org/>

3 of my favorite videos- *parents should watch first for age-appropriateness*

Dove Evolution <https://www.youtube.com/watch?v=KN2yunRynks>

Dove Evolution <https://www.youtube.com/watch?v=z2T-Rh838GA>

Poodle Science- video to help appreciate bodies of different shapes and sizes

<https://www.youtube.com/watch?v=H89QQfXtc-k>

We would love
to hear your
feedback!

Feedback Survey [CLICK HERE](#)



The end
