BUILDING SELF – ESTEEM OF CHILDREN IN THIS TIME OF PANDEMIC

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Self-esteem as defined by Lee (2020) is basically how children see themselves—including what they think of themselves and their ability to do things. It's also shaped by how much they feel loved, and how much support and encouragement (or criticism) they receive from important people in their life, like their parents and their teachers.

This pandemic greatly affects the physical, social and emotional being of our children. Children are not allowed to go outside to play and talk with their playmates and go to school to learn. Their interaction to people lessen as part of the preventive measures the government are imposing. This may bring anxiety or depression to our children. Parent should be attentive with the action of their children. More importantly the new norms of learning can give them stressed if they did not manage their time in studying specific learning areas. If our children experience failure and we give them negative feedback it will result to low self-esteem and my hinder their success.

To avoid this, Bob Cunningham, in his article, “The Importance of Positive Self-Esteem for Kids”, stated some ways how to develop your child self-esteem. Here are some: (1) Being a supportive, realistic—but not overprotective—parent or caregiver is key. Learning at home is not easy for them. They need our support and guidance. We can also ask the assistance of teachers so that learning would be lot easier. (2) It’s important to praise kids in ways that build self-esteem and teach them to be proud of their efforts and accomplishments. Praising them can develop their self-esteem and self-confidence and trust themselves more. (3) Help your child discover strengths to build on. You can even help your child set a “competence anchor” to build self-esteem.
As parents, we need to show to them our unconditional love everyday by being at their sides when they need help. Let us give them time to play with us and have fun. We can also give them household chores to develop within themselves the sense of responsibility. Encourage them to become independent. We can help them do their home works but don’t let them that you are the one who will answer it. And if your child encounter difficulties in learning refrain from insulting him/her. Instead talk and explain to him / her what he/she should do. Also, children nowadays are exposed to different gadgets, it is important for the parents to watch the use these gadgets. Lastly, let them show off their work. It can be displayed/posted inside the house.

Through this, we can help our children learned and succeed even in this time of pandemic.

References:


Cunningham (Year Uncited) The Importance of Positive Self-Esteem for Kids