

Strategies for Empowering Self-Esteem and Positiveness in Children

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DESCRIPTION

In today's society, children are exposed to numerous influences that can impact their body image and self-esteem. The media, societal beauty standards, and peer pressure all contribute to the development of negative body image and low self-esteem in children. As educators, parents, and caregivers, it is our responsibility to promote positive body image and self-esteem in children. This article aims to highlight the importance of fostering a healthy body image and self-esteem in children and provide practical strategies for achieving this goal.

Understanding body image and self-esteem

Body image refers to how an individual perceives and feels about their body, including physical appearance, size, and shape. Self-esteem, on the other hand, is the overall subjective evaluation of one's worth and abilities. Both body image and self-esteem are deeply intertwined and significantly impact a child's emotional well-being and overall development.

The impact of negative body image and low self-esteem

Negative body image and low self-esteem can have profound consequences for children. They can lead to a range of mental health issues, such as anxiety, depression, and eating disorders. Additionally, low self-esteem can hinder academic performance, social interactions, and overall life satisfaction. Recognizing the detrimental effects of negative body image and low self-esteem is crucial for prioritizing efforts to promote positive body image and self-esteem in children.

Promoting positive body image and self-esteem

Education and awareness: Providing children with accurate and age-appropriate information about body image and media literacy is essential. Educating children about diverse body types, emphasizing the importance of inner qualities, and challenging societal beauty standards can help them develop a more realistic and positive perception of their bodies.

Role modeling: Parents, caregivers, and educators play a crucial role in shaping children's body image and self-esteem. By modeling positive body image, self-acceptance, and self-care

behaviors, adults can inspire children to develop a healthy relationship with their bodies and foster positive self-esteem.

Healthy lifestyle: Promoting a healthy lifestyle, including regular physical activity and balanced nutrition, is vital. Emphasize the importance of health, well-being, and the joy of movement rather than focusing solely on appearance. Encourage children to engage in activities they enjoy and provide a variety of options to cater to different interests and abilities.

Emphasizing inner qualities and strengths: Shift the focus from external appearance to inner qualities and strengths. Encourage children to identify and celebrate their unique talents, skills, and personal qualities. Provide opportunities for them to engage in activities where they can excel and experience a sense of accomplishment.

Building resilience and coping skills: Help children develop resilience and coping skills to navigate societal pressures and challenges. Teach them problem-solving strategies, emotional regulation techniques, and effective communication skills. By equipping children with these tools, they can develop a strong sense of self and better handle negative influences.

Encouraging positive social connections: Facilitate positive social connections and relationships with peers who value and accept each other for who they are. Encourage inclusive environments that celebrate diversity and foster a sense of belonging. Teach empathy, compassion, and respect for others, promoting a culture of kindness and acceptance.

Media literacy and critical thinking: Teach children to critically evaluate media messages and recognize unrealistic portrayals of beauty and body image. Encourage discussions about media influence and help them develop media literacy skills to navigate media content effectively. By fostering critical thinking, children can develop a more discerning perspective on media messages.

Supportive environment: Create a supportive environment that values and respects all and emphasizes importance of self-acceptance. Implement policies and practices that promote inclusivity, such as dress codes that do not discriminate based on body size or appearance. Foster open communication and provide a safe space for children to express their feelings and concerns.

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CONCLUSION

Promoting positive body image and self-esteem in children is a collective effort that involves parents, caregivers, educators, and society as a whole. By adopting a holistic approach that encompasses education, role modeling, healthy lifestyles, resilience

building, positive social connections, media literacy, and creating a supportive environment, we can empower children to develop a positive body image and strong self-esteem. Self-assured, resilient, and self-accepting increases uniqueness in children.