

My Confident Self

INTRODUCTION

As parents, caregivers and educators, our aspirations for children are that they

“ grow up as competent and confident learners and communicators, healthy in mind, body, and spirit, secure in their sense of belonging and in the knowledge that they make a valued contribution to society.

It is important that children are supported and empowered in a way that fosters their confidence and sense of self, and that they are given the skills and knowledge to develop their own social competencies.

This term we will be focusing on **'MY CONFIDENT SELF'**, and the responsibilities we have as parents and educators in laying a solid foundation for our children.

If a child feels confident within themselves, they are more likely to freely explore and learn to their full potential. There are many factors that will influence a child's confidence and sense of self, including;

- ★ Their relationships with the people in their lives
- ★ Their sense of belonging
- ★ Whether or not all their needs are being met
- ★ Their sense of security and well-being
- ★ The experiences they receive in the first three years of life
- ★ The behaviours that are modelled to them
- ★ Their resilience and perseverance.

These are only a few of the contributing factors, and there are lots of ways we can work with and alongside children to foster these things.

*Raising confident,
happy children*

We are never taught the tricks of how to raise confident, happy, responsible children.

And unfortunately, as all parents and educators will already know, there is no magic answer or set of rules.

However, if we are doing the basics right, our children should come out the other end of childhood fairly unscathed!

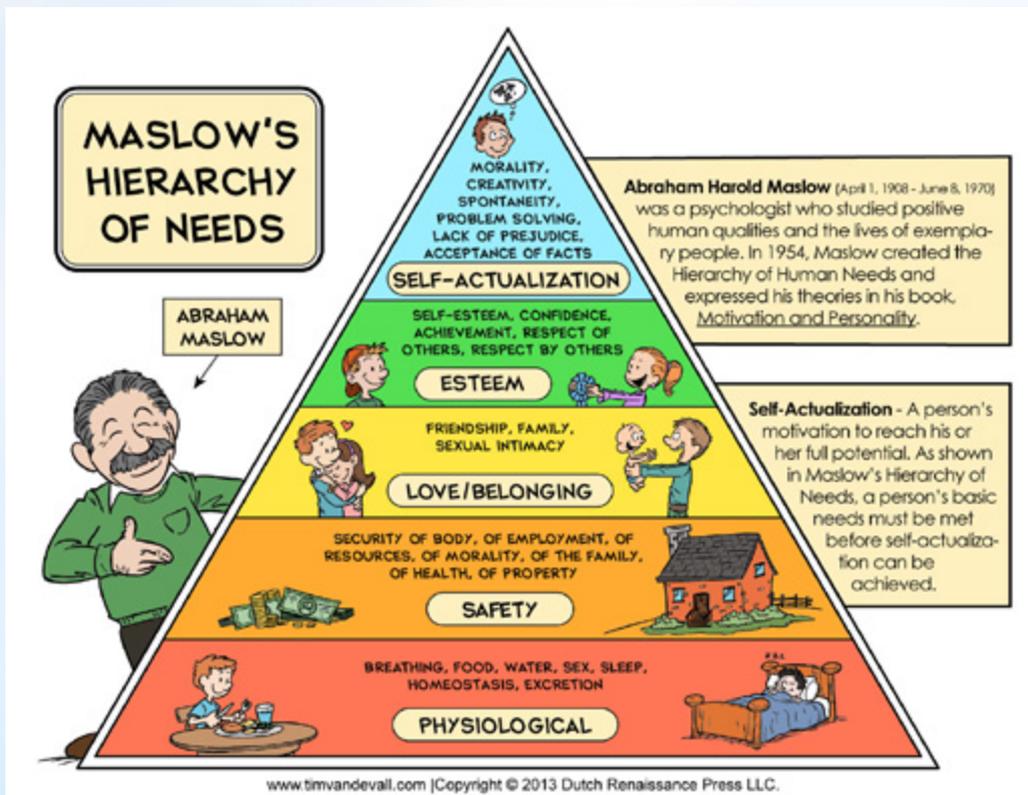


Maslow's Hierarchy of Needs

A GOOD PLACE TO START

Maslow's Hierarchy of Needs pyramid explains how basic human needs fit into five different levels.

Each level needs the solid foundation from the level below for the pyramid to grow. It visually explains how, in order for children to learn to their full potential, they need to feel confident within themselves and respected by those around them. They need to have a good sense of self-esteem, stemming from experiencing achievement.



However, in order to reach this level of confidence and self-esteem, children need their basic physiological (breathing, food, water, sleep), safety (free from abuse, house to live in, continuity and consistency), and belonging/love (friendship, family, attachment) needs to be met.

“ Self-esteem is your child’s passport to a lifetime of mental health and social happiness. It’s the foundation of a child’s well-being and the key to success as an adult... The child looks in the mirror and likes the person he sees. He looks inside himself and is comfortable with the person he sees. He must think of this self as being someone who can make things happen and who is worthy of love. Parents are the main source of a child’s sense of self-worth.

Another example

of a health model is the concept of 'te whare tapa whā' – the four cornerstones of Māori health.



TAHA TINANA (PHYSICAL HEALTH)

Represents physical growth and development. Our physical health is just one aspect of health and well-being and cannot be separated from the aspect of mind, spirit and family.

TAHA WHĀ NAU (FAMILY HEALTH)

Represents capacity to belong, to care and to share where individuals are part of wider social systems making links to the past, the present and the future.

TAHA WAIRUA (SPIRITUAL HEALTH)

Represents unseen and unspoken energies and shows us who and what we are, where we have come from and where we are going.

TAHA HINENGARO (MENTAL HEALTH)

Represents the ability to communicate, to think and to feel. Thoughts, feelings and emotions are integral components of the body and soul.