



Kings Langley
Secondary



Bedmond
Primary



Bovingdon
Primary Academy



Kings Langley
Primary



Nash Mills
Church of England
Primary



Sarratt
Church of England
Primary



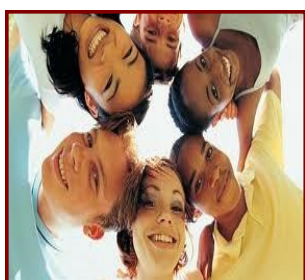
St Pauls Chipperfield
Church of England
Primary

Kings Langley Partnership of Schools

Working Together to Prepare our Children for the Challenges of Tomorrow



Developing Confidence and Self Esteem A Guide for Parents and Students



The Crucial C's

Student's behaviour may not always be consistent or sensible however the role of parents and carers can make this time a smoother journey by understanding these key factors:

Connect: They need to believe that they belong

- If they do they feel secure and will reach out and make friends.
- If they don't, they will feel insecure, isolated and will seek attention, sometimes negative attention

Capable: They need to believe they can achieve

- If they do they will feel competent and will develop self control, self discipline and become self reliant
- If they don't they will feel inadequate, inferior and will seek control, power and become defiant or dependent.

Count: They need to believe they can make a difference

- If they do they feel valuable and will contribute and assume responsibility
- If they don't they will feel insignificant and hurt and will seek revenge.

Courage: They need to believe they can handle what comes

- If they do they feel hopeful and will face challenges, will try new things and will develop resilience.
- If they don't they will feel inferior and hopeless and will give up and won't be prepared to try new things.

Key Ingredients

- Always look for the positives
- Remember all students are unique, recognise and value their strengths
- Encourage and be open to their views
- Show an interest in their world, even if you don't understand it
- Provide structure—not too much, but not too little either
- Keep some emotional distance. If they are angry it is more about them than it is about you.

