Mrs. Porter's Counselor NEWSLETTER

February 2026

February is National Boost Self-Esteem Month

February is **International Boost Self-Esteem Month,** a time to focus on helping children build confidence, recognize their strengths, and feel good about who they are. Self-esteem is a child's belief in themselves, specifically their abilities, their worth, and their sense that they belong. In elementary school, self-esteem is shaped every day through friendships, learning challenges, mistakes, and successes. When children feel confident and valued, they are more likely to try new things, ask for help, and bounce back when something feels hard.

Building healthy self-esteem is an important part of social-emotional development. Children with positive self-esteem tend to handle big feelings more effectively, show perseverance, and develop healthier relationships with peers and adults. At school, we support self-esteem by encouraging effort over perfection, celebrating growth, and helping students learn that mistakes are a normal and important part of learning.

Children also build self-esteem when they feel safe to be themselves and know they are supported by the adults in their lives. Consistent messages from home and school help children internalize positive beliefs about themselves, especially during times of change or challenge. When students feel encouraged and understood, they are more likely to develop confidence, resilience, and a willingness to keep trying, even when things feel hard.

Warriors: Rise Up!

In February and March, our *Warriors: Rise Up!* character trait is ***perseverance***. We will specifically look at the following topics: **Importance of Perseverance, Perseverance at Home & School**, and **Perseverance & Goal Setting.**

Families Can Boost Self-Esteem at Home

Children learn how to see themselves through the messages they receive from the adults around them. Everyday moments, like during homework time, play, routines, and conversations, offer meaningful opportunities to build confidence and help children feel capable, valued, and supported.

Here are some simple ways families can observe **International Boost Self-Esteem Month** at home:

- **Praise effort, not perfection**: Focus on trying, practicing, and persistence rather than outcomes or grades.
- **Notice strengths**: Point out what your child does well, such as kindness, creativity, problem-solving, humor, or responsibility.
- **Encourage positive self-talk**: Help your child reframe negative thoughts (For example,"I can't do this" → "I can't do this yet").
- **Normalize mistakes**: Share your own mistakes and how you learn from them so children see that errors are part of growth.
- **Give meaningful choices**: Allowing children to make age-appropriate decisions builds confidence and independence.
- **Listen without fixing**: Sometimes children just want to be heard. Listening validates their feelings and builds trust.
- **Model self-kindness**: Let children see you treat yourself with patience and grace. They learn from what we do, not just what we say.

When children receive consistent encouragement at home and at school, they develop a strong sense of self-worth and confidence in their ability to handle challenges. These skills help lay the foundation for lifelong emotional well-being.

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