

# TCHATT Tips on Promoting Self-Awareness & Self-Acceptance in Kids

**Self-awareness** helps children to be reflective and think about their actions, as well as to consider what others in their environment are experiencing. Self-awareness facilitates the capacity to learn from one's mistakes, accept criticism, and listen to and understand the feelings of others.

## Helping Kids Develop Self-Awareness

- ▶ Teach about strength and challenges
- ▶ Encourage a growth mindset
- ▶ Practice gratitude
- ▶ Develop smart goals together
- ▶ Try new activities together
- ▶ Practice mindfulness
- ▶ Make a compliment list
- ▶ Write in a journal
- ▶ Encourage self-reflection
- ▶ Explore interest and passions



**Self-acceptance** is how people feel about themselves, both inside and out. People with good self-esteem generally have a positive outlook, accept themselves and feel confident.

## What Can You Do to Help Promote Self-Acceptance for Kids?

- ▶ Focus on the child
- ▶ Provide structure and rules (be consistent)
- ▶ Praise the children when they cooperate and/or help you (chores, responsibilities, etc.)
- ▶ Help find activities they are good at and enjoy
- ▶ Help your child learn from their mistakes
- ▶ Be a role model
- ▶ Offer choices and a chance to problem-solve, appropriate to child's age and developmental stage
- ▶ Focus on your child's strengths



## Benefits of participating in TCHATT services

- ▶ Assessment of your child's behavior and emotional functioning
- ▶ Free consultation/evaluation with TCHATT mental health clinician
- ▶ Virtual convenient healthcare provided
- ▶ Learning new coping skills
- ▶ Education on self-awareness and self-acceptance
- ▶ Answers to questions about your child's mental health
- ▶ Meet with a UTMB therapist or psychologist
- ▶ Recommendations for continuing mental health care treatment, if needed
- ▶ Medication management with a psychiatrist

For more information on services contact a school counselor or TCHATT at (409) 747-8360

