



Amazing me

Information for parents and carers

Hamish & Milo is a programme which gives children the opportunity to be involved in a range of activities about a particular theme of emotional wellbeing as part of a small group. We are delighted to be able to welcome your child to the group.

In this theme, we are focusing on our self-esteem and recognising that how we feel about ourselves is important for our wellbeing. When we feel good about ourselves and know we are loved and capable and can recognise this in ourselves, we are happier and able to enjoy life. Being in this group will give the children the chance to celebrate who they are, recognise their strengths and feel pride in themselves and how special they are.

As part of the 'Amazing me' group, your child will be involved in 10 weekly sessions.

These sessions will help the children to celebrate their qualities and achievements and to recognise what is special and unique about them.

Helping your child

As parents and carers we try to build our child's confidence, to believe in them and help them feel special, but they can still wobble in their own self-belief and need our reassurance and to see our pride in them.

Having self-esteem allows us to enjoy life, to have a sense of worth and purpose and it's initially formed by those around us who take care of us. If we feel loved and loveable, that we are capable and can achieve our goals, it is because others have reflected that back to us, have delighted in us and celebrated in our experiences and challenges.

Gradually we can begin to internalise this and believe in our own special qualities and achievements.

We encourage you to talk with your child about their experiences of being in the group and about the activities they have been involved in.

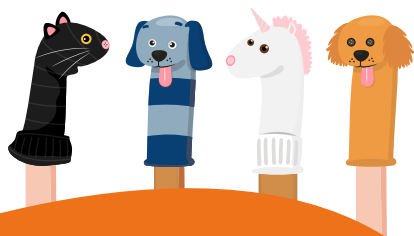
We welcome your thoughts as you know your child best and we aim to work with you to support them.



Some suggestions

Show delight in your child and try to take more time to enjoy being with them, to laugh and play together so that they feel as valued and loveable as possible.

Try to be patient as they try new things, encouraging and reassuring them. Sometimes we try to help by doing something for them so that they then don't have to persevere to achieve it and sometimes they can feel this is critical of their capability and lack confidence or over-rely on us next time. Encourage, reassure and help your child to learn new things, to have a go and to feel successful. Show genuine pride in their efforts as they develop new skills.



Sock puppets

An expressive, interactive and hands-on way to engage

For each of the sessions, we use sock puppets to help the children talk about and share their feelings. Your child will make their own sock puppet to use in each session as part of this group.

You may like to make one at home too as a way of helping your child to talk about their feelings or just for fun! Sometimes it's easier for them to tell you what they're thinking about through describing the puppet's feelings or situations.

Encourage them to make mistakes and value the mistakes as part of learning and as the steps towards success.

Keep praising and naming everything they achieve as we know children thrive on genuine praise. What matters to them is the pride of those they care most about.

Ensure praise is genuinely heard - if they don't believe they have achieved what they are being praised for, children can feel even more deflated. Try to make the praise specific, saying:

I'm proud of you for trying...

You are working hard at...

I loved how you...

Try to avoid praise with a sting, e.g. "You did well today, not like yesterday!" They won't hear the positive part or believe it.

Help them to build on their strengths and develop their interests.



The children will also receive their own journal to reflect on the sessions as they move through the programme, 'reward' stickers and a certificate!

Here we outline all the programme activities, along with suggestions of what you might like to do or say to support your child at home.

Session and overview	Ways to help
Session 1: Shining stars Creating a hanging star mobile of strengths and special qualities.	Help your child to recognise their strengths and to hang their star mobile in their room when they bring it home.
Session 2: Special me collage A creative design using cut-out pictures and phrases to describe themselves.	Talk together about their creation and their favourite part of their collage.
Session 3: Surfing the waves Exploring the ups and downs of self-esteem.	Encourage your child to talk about their self-belief and self-esteem. What helps or hinders them?
Session 4: Yes and No! Exploring how we need to value ourselves to be able to say yes or no when we need to.	Talk with your child about times they need to be able to say no, e.g. peer pressure and practise phrases such as “No, I don’t want to do that.”
Session 5: Flying high Making a kite that has some of the aspects of self-esteem, e.g. an aspiration, a strength, a success.	Talk about the aspects they chose to represent on their kite.
Session 6: Buckets of kindness Creating a container to collect positive comments or compliments from each other.	Think together about how you ‘fill each other’s bucket’ each day. What things do you do or say that raises your mood and helps you each feel good about yourselves?
Session 7: We’ve got talent A chance to celebrate and share our talents.	Find out what talent your child shared with the group and how it felt to be celebrated.
Session 8: Nature garden Creating a miniature garden to nurture as we all need to be nurtured!	Create a miniature garden at home for your child to take care of and nurture or grow some seeds or bulbs and enjoy watching them grow together.
Session 9: Thrive and shine! Finding five ways to help us to thrive and shine.	Talk together about different ways to look after and nurture ourselves, e.g. being creative, being active, being kind, enjoying nature. Do some of these things together.
Session 10: My amazing me treasure box Celebrating and feeling proud about ourselves.	Talk together about what your child has enjoyed about being in the group and what they feel proud about.

If you feel concerned about your child’s self-esteem, talk to someone at school so that you can share ideas.



Sensation & Emotion Cards

These cards are a great way to help children put language to sensations and emotions, to help regulate their feelings and increase self-confidence. Our unique cards consist of 60 different emotions, guidance and 20 activities.



Hamish & Milo Pals

Our Hamish and Milo Pals are precious cuddly friends that help children to feel comforted, cared about and listened to. Perfect to snuggle and they are great fun too.

Find out more at hamishandmilo.org

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