

WE HELP KIDS AND FAMILIES
BE THEIR HEALTHIEST



SELF-ESTEEM / L'ESTIME DE SOI

*Kaitlin Atkinson Family Resource Library / Bibliothèque de
ressources familiales Kaitlin Atkinson*

Resource List / Ressources

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101 ways to help your daughter love her body / Richardson, Brenda Lane -- New York: HarperCollins, 2001.

This book will provide parents with practical ideas tailored to girls from birth through the teenage years. These initiatives inform parents and encourage them to take active roles in helping their daughters develop confidence, treat their bodies with love and respect, and make peace with their unique builds so that they can revel in a sense of femaleness and physical competence.
FAM HQ 798 .R52

The body image workbook for teens: activities to help girls develop a healthy body image in an image-obsessed world / Taylor, Julia V. -- Oakland, CA: Instant Help Books, 2014.

In this workbook the reader will find practical exercises and tips that address the most common factors that can lead to negative body image, including: comparison, negative self-talk, unrealistic media images, societal and family pressures, perfectionism, toxic friendships, and a fear of disappointing others. They will also learn powerful coping strategies to deal with the daily, intense pressures of being a teenage girl.
FAM BF 723 .S3 T29 2014

Building self-esteem in children and teens who are adopted or fostered / Cornbluth, Sue. -- London; Philadelphia: Jessica Kingsley Publishers, 2014.

This book offers simple advice to those supporting adopted or fostered children ages 7 and up, and explains why these children can often experience self-esteem issues, and the impact it can have on their lives. The book provides everyday strategies to help the child move beyond their trauma and develop healthy self-esteem.
FAM HV 875 .C676 2014

Comment développer l'estime de soi de nos enfants: guide pratique à l'intention des parents d'enfants de 6 à 12 ans / Laporte, Danielle. -- Montréal: Éditions du CHU Sainte-Justine, 2015.

Entre l'âge de 6 et 12 ans, l'enfant franchit une étape significative dans le développement de son estime de soi : son image intellectuelle se greffe à l'image physique et émotive qu'il a de lui-même. Il développe ses capacités à réfléchir, à porter des jugements pratiques, à saisir les règles des jeux et à coopérer. Comment développer l'estime de soi de nos enfants propose une démarche interactive et concrète pour accompagner l'enfant qui apprend à se définir.
FAM BF 723 .S3 L36 2015

Don't behave like you live in a cave / Verdick, Elizabeth; Steve Mark. -- Minneapolis, MN: Free Spirit Pub, 2010.

Explains how children can make smarter, more positive choices about how they behave at home and at school and, as a result, stay out of trouble, feel good about themselves, and get along better with family, friends, and teachers.
FAM BF 723 .I642 V58 2010

Don't feed the monster on Tuesdays! the children's self-esteem book / Moser, Adolph J -- Kansas City: Landmark Editions, 1991.

Helps children understand the importance of self-worth and how to strengthen self-esteem. Appropriate for ages 5-10 years
FAM BF 723 .S3 M67

L'estime de soi de nos adolescents: guide pratique à l'intention des parents -- Montréal: Hôpital Sainte-Justine, 2015.

Dans cette livre, l'auteur discute comment faire vivre un sentiment de confiance aux jeunes, comment les aider à se connaître, comment leur apprendre à coopérer et, enfin, comment les guider dans la découverte de stratégies qui mènent au succès.

FAM BF 723 .S3 D38 2015

Howard B. Labougeotte écoute son cœur / Binkow, Howard; Cornelison, Susan F. (ill.); Clermont, Marie-Andree (trad.). -- Toronto: Editions Scholastic, 2013.

Dès qu'il a les idées noires, Howard B. Labougeotte se met à danser et voit tous ses soucis s'envoler. Or, parce que ses copains se moquent de lui et qu'il souhaite avoir l'air cool, il décide d'abandonner complètement cette activité et de se mettre au chant et au basketball.

Malheureusement, il est beaucoup moins doué dans ces loisirs pour lesquels il n'éprouve d'ailleurs aucune passion.

FAM BF 723 .S3 B56 2013

Howard B. Wigglebottom listens to his heart / Binkow, Howard; Cornelison, Susan F. (ill.): Thunderbolt Publishing, 2009.

When the children at school laugh at him, Howard the rabbit decides to stop dancing even though he loves it, until he realizes his dancing is what makes him unique.

FAM BF 723 .S3 B56 2009

I can do that: a book about confidence / Gutelle, Andrew -- Alexandria, VA: Time-Life, 1996.

Loonette fears that she can't do anything right until Molly reminds her of a special talent that is all her own. Appropriate for ages 3-6 years.

FAM BF 723 .S3 G87

The introvert advantage: how to thrive in an extrovert world / Laney, Martin Olsen -- New York: Workman Publishing, 2002.

This book shows how to not just survive, but thrive, how to take advantage of the introvert's special qualities to create a life that's just right for the introvert temperament, to discover new ways to expand their energy reserves, and even how, when necessary, to confidently become a temporary extrovert.

FAM BF 723 .I646 L36

Making every day count: daily readings for young people on solving problems, setting goals and feeling good about yourself / Espeland, Pamela -- Minneapolis: Free Spirit Publishing, 1998.

Presents 366 quotations, advice, and affirmations to help readers face challenges, plan for the future, and appreciate their unique and wonderful qualities.

FAM BJ 1661 .E76

Pour favoriser l'estime de soi des tout-petits: guide pratique à l'intention des parents de 0 à 6 ans / Laporte, Danielle. -- Montréal: Éditions du CHU Sainte-Justine, 2017.

L'ouvrage contient des informations, des réflexions, des suggestions d'attitudes et de comportements ainsi que de nombreux exercices, mini-tests et questionnaires d'auto-évaluation sur comment tu pu aider votre enfants avec leur l'estime de soi.

FAM BF 723 .S3 L37 2017

The relaxation & stress reduction workbook for kids: help for children to cope with stress, anxiety & transitions / Shapiro, Lawrence E.; Sprague, Robin K. -- Oakland, CA: New Harbinger, 2009.

Offers parents a variety of techniques they can use to help their children relax, unwind, and deal constructively with common stressors such as divorce, loss of a loved one, a family move, starting at a new school, and more.

FAM BF 723 .S75 S53 2008

The right moves: a girl's guide to getting fit and feeling good / Schwager, Tina -- Minneapolis, MN: Free Spirit Press, 1998.

This is a self-help book for teens on health, self-esteem, fitness, and nutrition. Appropriate for ages 13-17 years
FAM HQ 798 .S39

The self-esteem workbook for teens: activities to help you build confidence and achieve your goals / Schab, Lisa M. -- Oakland, CA: Instant Help Books, 2013.

Helps you develop a healthy, realistic view of yourself that includes honest assessments of your weaknesses and strengths, and learn to respect yourself, faults and all. This book shows you how to distinguish the outer appearance of confidence from the quiet, steady, inner acceptance and humility of true self-esteem.
FAM BF 723 .S3 S33 2013

The survival guide for making and being friends / Crist, James J. -- Minneapolis, MN: Free Spirit Publishing, 2014.

This book helps children improve their social skills so they can better enjoy the benefits of friendship. Practical advice covers everything from breaking the ice to developing friendships to overcoming problems.
FAM BF 723 .I642 C75 2014

Surviving girlhood: building positive relationships, attitudes, and self-esteem to prevent teenage girl bullying / Giant, Nikki; Beddoe, Rachel. -- London; Philadelphia: Jessica Kingsley Publishers, 2013.

Teenage girls can be mean. Often stemming from poor self-awareness, self-esteem and lack of relationship skills, complex friendship dynamics can be difficult to unravel and bullying can be hard to resolve. This book provides a unique resource for preventing girl bullying by addressing the root causes and helping girls to be strong, positive individuals.
FAM BF 724.3 .I58 G53 2013

The teenage guy's survival guide / Daldry, Jeremy -- Boston: Little, Brown, 1999.

This book tackles issues that adolescent boys face each day--from asking a girl out on a date to truths and myths about boys' "rites of passage".
FAM HQ 797 .D34

Tibby tried it / Useman, Sharon -- Washington, DC: Magination Press, 1999.

Tibby the tree swallow cannot fly because he has a crooked wing, but the other animals teach him skills that come in handy when a baby robin falls from its nest.
FAM BF 723 .S3 U83

Understanding the causes of a negative body image / Moe, Barbara -- New York: Hazelden/Rosen, 1999.

Discusses positive and negative body image, with an emphasis on body size and weight, and suggests ways to improve self-esteem and develop a healthy body image.
FAM BF 723 .S3 M63

When girls feel fat: helping girls through adolescence / Friedman, Sandra Susan -- Toronto: HarperCollins, 2001.

This book offers practical ways for parents and mentors to guide girls through adolescence into healthy, confident women and provides empathetic, clear and proven strategies to deal with many issues.
FAM HQ 798 .F75

Web Sites / Sites internet

Kids Health – Information for Kids, Teens and Parents from the Nemours Foundation
http://kidshealth.org/parent/emotions/feelings/self_esteem.html

Kids Help Phone / Jeunesse J'écoute
<http://kidshelpphone.ca/Teens/InfoBooth/Emotional-Health/Self-esteem.aspx>

How to Foster your Child's Self Esteem – Caring for Kids / Comment favoriser une bonne estime de soi chez votre enfant / soins de nos enfants
http://www.caringforkids.cps.ca/handouts/foster_self_esteem

How to Build Healthy Self-Esteem in Children – Scholastic
<http://www.scholastic.com/parents/resources/article/praise-discipline/how-to-build-healthy-self-esteem-children>

Growth and Development: Helping Your Child Build Self-Esteem - My Health Alberta
<https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=tk1326>

Ways to Build Your Teenager's Self-Esteem – Healthy Children
<https://www.healthychildren.org/English/ages-stages/teen/Pages/Ways-To-Build-Your-Teenagers-Self-Esteem.aspx>

YouTube

Self-Esteem, Friendships + Social Skills: What You Need to Know About Helping Your Child – CHEOvideos (6 Parts)
<https://www.youtube.com/watch?v=2SqcmSeosGA&list=PLF93D5C1DD8B58251&index=20>

Apps

MindMasters 2

- Children's Hospital of Eastern Ontario
- Free / gratuit
- English, French / anglais et français
- Last updated Feb 2016 / Mis-à-jour 2016 février
- The MindMasters 2 app helps to teach children about stress control, positive thinking and mindfulness through a series of fun and interactive activities. This app is designed for parents, educators and other to use with children ages 4-9 years. A guidebook detailing instructions, discussion questions and more can be found online at www.cyhneo.ca. / Le MindMasters 2 app aide à enseigner aux enfants sur le contrôle du stress, la pensée positive et la pleine conscience à travers une série d'activités amusantes et interactives. Cette application est conçue pour les parents, les éducateurs et les autres à utiliser avec les enfants âgés de 4-9 ans. Un guide détaillant les instructions, les questions de discussion et plus peuvent être consultés en ligne à www.cyhneo.ca.
- Available from / Disponible depuis [iTunes](#)

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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