

Building Confidence in Kids: Top Book Picks for Children Struggling With Self-Esteem

Self-esteem is the personal appreciation one holds for themselves; a belief in their own value and capabilities. In the early years of life, children begin to shape their self-esteem, making it a crucial period for developing a strong sense of self. If a child struggles with self-esteem, they might not take pride in their achievements, potentially resulting in diminished confidence and a fear of failure. Low self-esteem can impact a child's academic progress, their ability to carry out household responsibilities, and their efforts to build positive relationships with peers.

At South County Child and Family Consultants, our team of neuropsychologists, school psychologists, and psychology students is devoted to meticulously combing through both the internet and additional resources to uncover reliable, informative, and practical strategies to assist children in developing a strong sense of self. We aim to provide the most effective online resources to support children diagnosed with ADHD, Learning Disabilities, Executive Functioning challenges, SEL skill development issues, Autism, Depression, and Anxiety. Our website also offer insights on how neuropsychological evaluations can effectively address self-esteem concerns. We encourage you to revisit our site often, as we frequently update our links with the latest information.

Below is a selection of eight books recommended for elementary-aged children created for children to learn about self-esteem. These books help children recognize that their

unique attributes—both their similarities to and differences from others—are an important part of their identity, and these traits in no way detract from their significance, and help them embrace those traits.



8 Books for Children That Struggle with Self-Esteem:

1. [“I Am Enough”](#) by Grace Byers (2018)

Byer’s affirmations are a powerful reminder for children that their value should come from within and not contingent on external validation. Its emphasis on self-love and mutual respect provides a comforting balm for young readers who may struggle with feelings of inadequacy.

2. [“The World Needs Who You Were Made to Be”](#) by Joanna Gaines (2020)

By celebrating the individual gifts and talents that each person brings to the world, this book inspires children to embrace their unique qualities and understand that their contributions are important. It’s an uplifting message that reinforces the idea that everyone has a special role to play

and shows them how to develop a sense of purpose and self-worth.

3. "[Just Ask!: Be Different, Be Brave, Be You](#)" by Sonia Sotomayor (2019)

Supreme Court Justice Sonia Sotomayor's story encourages children to see their differences as strengths and to ask questions when they're curious, promoting a culture of understanding and acceptance. This book's inclusive approach helps children with low self-esteem feel seen and valued for who they are.

4. "[The Day You Begin](#)" by Jacqueline Woodson (2018)

Woodson's gentle exploration of feeling like an outsider reassures children that it's okay to be different and that sharing their unique experiences can lead to connection and belonging. The book's compassionate storytelling can help children with low self-esteem find the courage to be themselves and appreciate their personal stories.

5. "[Be Who You Are](#)" by Todd Parr (2016)

Todd Parr's vibrant and positive portrayal of diversity encourages children to celebrate their individuality and express themselves freely, which can be especially empowering for those who feel different or insecure. The book's simple message helps to build a foundation of self-acceptance and confidence in young readers.

6. "[Remarkably You](#)" by Pat Zietlow Miller (2019)

This book's heart warming message highlights the unique qualities of each child, encouraging them to take pride in their individuality and to recognize that their distinct traits are what make them remarkable. For children with low self-esteem, this book is a cheerleader, affirming that they are worthy of celebration just as they are.

Encouraging your child to read these books, or even better, exploring them together, can be a positive experience for children. Developing a strong self-esteem during their early years lays the foundation for a healthy, self-empowered future. Be sure to return to our website regularly for the latest research and resources that will continue to support you in guiding your child toward a path of positive self-regard and enduring personal success.