

A Child's Journey – achieving goals, building self-esteem

A young person can get caught up in the intensity of particular issues; it becomes difficult for them “to see the wood for the trees”
Being helped to have a broader perspective is more likely to bring about long-term well-being.
 A case manager may be pressed to focus on immediate demands and have less opportunity to reflect on the broader picture or there may have been changes of case manager and the progress made on a ‘child’s journey’ is lost.

‘I wasn’t going to go to my review. There was no point, nothing seemed to have changed during my time in care. Now, looking at this report, I can see how things have got better.’

This young person went to his review meeting. His worker had shown him his ‘child’s journey’ report comparing 4 previous self-assessment reports. Together they had reviewed what had improved over time, where there were still concerns and issues to be addressed.

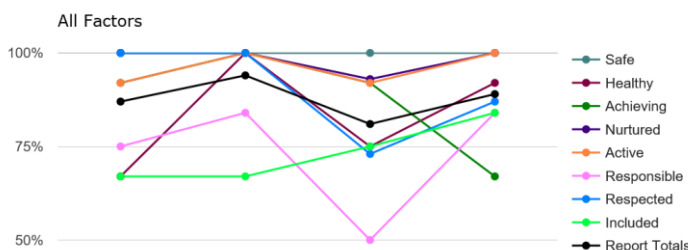
Healthy

6 Do you have any problems with sleeping?	Not at all	↔ Not at all	↔ Not at all	↔ Not at all
7 Do you have any worries or concerns about your health?	Not really	↑ Not at all	↓ Sometimes	↑ Not at all
Comment			Headaches sometimes	
8 Would you describe yourself as happy most of the time?	Sometimes	↑ Yes, a lot of the time	↔ Yes, a lot of the time	↓ Sometimes
9 Are you worried about how angry or frustrated you feel?	Yes, sometimes	↑ Not at all	↓ Not really	↑ Not at all
Healthy totals	66.75%	100.00%	75.00%	91.75%



Viewpoint ‘child’s journey’ reports provide easily accessible ‘bigger picture’ and distance travelled reports. A young person can see the key measures of their wellbeing, what’s going well, how things have changed over time, and what it would be helpful to work on. New goals can be set.

It’s really important for a young person to have a healthy self-esteem, because it affects everything about how a young person thinks, feels and behaves. Self-esteem comes from children feeling accepted, competent and effective. Feeling competent is about children believing they can do things for themselves and are good at stuff. **If a young person has low self-esteem, it can make them vulnerable to people pressuring them into things.**



Encouraging children to set their own goals is a way of **building their self-esteem**. Setting their own goals (and achieving them) is empowering, whereas goals set for children by adults can be daunting (especially if a child lacks self-belief). When children achieve their own goals (no matter how small), they experience a sense of competence and are more likely to try again.

Literature supports the view that children are able to provide self-information that is unique and has reliability as demonstrated by stability over time. Evidence now exists that children as young as 4 years of age can hold a view about themselves which is valid and stable over time. Adults provide only an opinion about how they think a child feels, even if they are well informed about the child. Children are the only ones who can report (or at least confirm) their internal problems, such as loneliness or depression.