



Self-Concept, Self-Esteem and Self-Efficacy

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During early childhood, children start to develop a **self-concept**. Between 18 and 30 months of age, they can begin to describe themselves as a boy or girl, happy, sad, taller/shorter than someone else. Much has been written and discussed about how children develop **self-esteem** -- a judgment of one's worth and the attributes, abilities, attitudes and values that help define it. It is understood that self-esteem comes from several sources: the relationship with parents and other family members, school ability, athletic ability, friendships, relationships with teachers, coaches and peers as well as from the child's own temperament.

Less is known or understood about **self-efficacy** -- the belief that one's own actions lead to outcomes. Parenting experts are now saying that self-efficacy is as important as self-esteem. For our children to develop their own sense of self-efficacy, they must have the experience of doing the thinking, planning, hoping, trial and error, dreaming and experiencing for themselves as they grow

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