

BUILD A CHILD'S CONFIDENCE

9 WAYS TO HELP BUILD & NUTURE CONFIDENCE IN YOUR CHILDREN

MAKE THEM FEEL IMPORTANT

Show an interest in whatever your kids are fixated on, pay attention, and genuinely care about what they say and do. Ask questions of depth beyond, "how was your day." **Children who feel seen, feel important.**

GO BEYOND "GOOD JOB"

Be specific with your praise - point out a specific character trait or skills that helped them reach the accomplishment. For Example: "I saw that you didn't give up and kept trying until you made it all the way across the monkey bars."

GIVE PRAISE WHEN THEY STRUGGLE

Look for opportunities when your child is struggling to point out character-building praise. If they are struggling or working really hard to learn something new, point out how proud you are of their perseverance and positive attitude.

LET THEM MAKE CHOICES FOR THEMSELVES

Kids will trust their own judgment when they are able to make choices for themselves. Examples: picking out their own clothes, packing their own lunch or choosing a book to read. If your kids are younger, offer two choices for them to pick from such as "would you like to read a book or take a bath before bed."

TEACH THAT IT'S OK TO FAIL

Encourage your child to try new things even if they're scared, unsure of their abilities or afraid to fail. Talk about resilience, perseverance and what they can learn from failure. Give examples of your own failures and how you overcame them.

ASK FOR THEIR HELP

Children like feeling helpful. No task is too small, and they'll probably enjoy lending a hand. Examples include asking for help grabbing something off the shelf, helping to make dinner, feeding the dogs or setting the dinner table.

SAY "YES" MORE

When you're in the habit of saying "no" you limit your child's confidence in making choices for themselves as well as your relationship with them. **The Rule of Thumb: For Every (1) No, Say Yes (5) Times.**

DEVELOP PROBLEM SOLVING SKILLS

The next time your kid comes to you for help - STOP! Before you solve the problem for them, give them the tools to solve the problem on their own. Gently guide them to understand the problem and how to find a solution - on their own.

MODEL CONFIDENT BEHAVIOR

Parents must show their kids what confidence looks, acts and sounds like. Be confident in your actions, in your choices, with your body and how you speak. Talk about your own mistakes and failures, how you overcome being let down, show them that you pick yourself up when you're knocked down, set goals and achieve them!