

7 WAYS

To Build a Child's Confidence

1

MODEL CONFIDENCE

Watching you overcome your fears to accomplish goals and tasks (even when you feel anxious or insecure), helps your child see they can do it too.

2

ALLOW MISTAKES

When you guide your child in learning from their mistakes and gaining skills for what to do better next time, they feel encouraged and empowered to try, fail, and try again.

3

PRAISE PERSEVERANCE

Building resilience comes when a child learns to overcome obstacles and not quit when things get hard. Praise their stick-to-it effort and attitude more than the outcome.

4

TEACH PROBLEM-SOLVING

Allow your child to figure out solutions to their problems. Yes, you can guide them...make suggestions...and offer help as needed to support your child, but challenge them to figure things out on their own.

5

ENCOURAGE THEM TO TRY

Trying new things can be scary, but with your support, your child can learn just how strong and capable they are and build new skills they never knew they had.

6

DISCOVER THEIR PASSION

Help your child find their natural talents and abilities and find opportunities for them to use them and grow them. Discovering their strengths allows them to discover themselves.

7

LOVE NO MATTER WHAT

Win or lose, try or fail...the greatest way to build your child's confidence is through your unconditional love and there will be no limit to what they can do!