

DEVELOP YOUR CHILD'S CONFIDENCE

• CHEATSHEET •



9 TIPS TO A CONFIDENT CHILD!

1

Let your child teach you something. If they talk about something they have learnt at school, ask them to show you how it done. Or perhaps they have learnt a new karate move in an afterschool activity. Whatever it is, being the teacher gives your child a boost of confidence.



2

Cultivate a growth mindset vs. a fixed mindset. Do this by being genuine in your

praise but also by praising the effort not the task. So instead of saying "You are so smart" say "I saw you worked really hard on your project and got a great result because of it, well done!"



3

Posture and Super Hero Poses! Yes research has shown that posture or your physiology is so important to confidence. If you child is sitting slouched in a chair, worrying get them to stand up and put their shoulders back. Pretending to pose like a superhero has actually is shown to raise confidence levels in adults, so pretend to be superman and have some fun!



4

Scaffold your child's attempts at new things. We don't just put our kids on a 2 wheel bike and say "go", we help and support, then and bit by bit increase our release. This is called scaffolding. Find out where your kid is at, then extend it a bit at a time, increase the difficulty of tasks but still allow them to succeed with effort.



5

Try new activities. Trying something new involves developing our confidence. If your child knows they can

just 'give it a go' without any pressure they will learn that trying something is fun and ok. They will find things they like and things they don't like, but best of all they will know its a good idea to try something first before forming an opinion.



6

Listen to their ideas. Sometimes kids come up with outlandish ideas and that's great, it shows their imagination and creatively.

Listen and respect their thoughts and they will soon see that their voice matters.



7

Knowing that failure is the path to success. As parents we often don't want our child to fail but the truth is failure is the path to success. If you study any great inventor, entrepreneur or sports person they have many more failures than success. We must teach our kids it is ok to fail and to try, try again.



8

Don't try to fix your child's attempts unless it is really necessary. If your child makes his or her bed but it's not perfect. That's ok. Leave it and let your child feel proud of what they have accomplished.



9

Make sure your child helps around the home. From a young age having jobs to do and contributing to the running of the home is an important step in building confidence. Young children can set the table or put their toys away for example. Nothing zaps confidence in a child more than one with a parent who does everything for them.

