

10 WAYS TO BUILD CONFIDENT CHILDREN

Give praise when it's due

Praise your child when they do something correctly.

Success

Create opportunities for your child to experience success

Feedback

Young children rely heavily on adult feedback. Make feedback meaningful and positive

Constructive Criticism

Provide constructive criticism. Don't yell at your child. Help them to be the best they can be

Develop Autonomy

Let your child make their own decisions so they gain confidence in their own judgement

Accomplishments

Allow your child to be proud of their accomplishments

Be a role model

Set an example to your child. Be a role model and react positively to your child

Don't overcontrol

Allow your child to express their creativity. Don't start to control everything they do

Promote problem solving

Help your child to solve their own problems. This will make them feel more confident in their abilities

Avoid labels

Ensure your child has a positive view of themselves



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