

Building your child's confidence



What is confidence?

- "A feeling of trust and belief in yourself to manage different situations".

How can you help at home?

Focus on your
child's character
strengths

A talented **musician**
also need
creatively

- Create a **safe** and **nurturing** environment
- Offer "special time"
- **Active listening**
- Give choices and ask for their opinion
- Recognise achievements
- Praise not only the job done but also the effort
- **Model confidence yourself**

Strategies

Self-esteem journal

Offer age appropriate
special tasks"

Try to find an alternative
perspective where we focus
on what we have **learned**
instead of what we got
wrong.

Positive self-talk

Be a wise warrior

What
if...

Then I
can...

I am trying
my best

I am
capable

I can have
another go

I can take
my time

Step-by-step plan

Problem-solving

Step 1:

Think of all of the
possible solutions

Step 2:

- Weigh up the **pros** and **cons** of each solution
- Rate the solutions from most helpful to least helpful

Step 3:

Choose one solution and break
it down in to manageable steps
When?
Where?
Who can help?

Step 4:

Try it out!

Step 5:

Review...
Did it work?
What could we do differently?

