



Raising Confident Kids

Help your child to grow up happy and confident. A confident child has a “can do” attitude. They are willing to give things a try and believe in themselves. They don’t mind if they sometimes get it wrong.

What can parents do?

The most important part of building confidence is to have positive self esteem and that’s what parents give to their children and teenagers by being affectionate, loving, praising them and telling them they are wonderful. It makes a huge difference to their confidence.

It is important that teenagers and children see that their parents have an optimistic outlook on life. If you constantly say, “It’s too difficult ... I can’t cope ... it’s too much ...” they start to believe the same. It is very important to think about how you are showing your children what you think about life and what you are saying about it. Parents having a positive, optimistic outlook really rubs off on children and gives them a lot of confidence.

Build their confidence – get them involved in activities, for example, dancing, sport, music, reading.

If they make a mistake don’t judge them, just say try again so that you build up their confidence.

Concentrate on the things they are good at, not the things they are bad at. Point out to them the things they are having success in. Encourage them when they don’t succeed. If you do that they will have more confidence in their abilities.





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Be Encouraging

Set them goals and targets so that they can begin to develop and see rewards for the effort they put in. Parents need to keep the lines of communication open so that they can talk to their children and help them learn through experience, and also so that the children can talk back with their parents.

Practice reflective listening. This is repeating back what you think you have heard. If your child says something, reflect it back. You might say, "So did you mean you think your friend was being horrible to you today?" That way they know they are being listened to, and can become more confident in understand and talking about their feelings.

- Try to have a positive outlook on life
- Don't put your child down
- Encourage your child when they fail
- Be affectionate and loving
- Praise them

Need more help?

- For more info and video clips visit www.parentchannel.tv
- For information, advice and assistance about local services for you and your family contact Suffolk Families Information Service **0845 60 800 33**

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