

MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER)

SIX WAYS TO BOOST YOUR CHILD'S CONFIDENCE

DAUPHIN COUNTY MH/A/DP
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We can probably all think of a time when we felt either self-conscious or maybe a little down. Our children experience this as well. Parents play an important role in a child's self-esteem. Besides being attentive and praising your child what else can you do to help boost your child's confidence and improve self-esteem?

Six Ways to Boost your Child's Confidence:

1. **Make time for your children.** Spending time with them will make your kids feel that they are important to you. Be attentive to what they say. Give them your full attention and listen to them.
2. **Identify the positive.** Have your children identify something positive they did during the day, or something they are proud of. Regular practice of focusing our minds on what we have done well will absolutely build confidence.
3. **Praise your child's efforts.** Praise your child's efforts not just the result. Focus on their strengths even when things do not turn out exactly as they hoped they would. Whether it is a competition or a project at school, praise your child for things like working hard and not giving up regardless of the outcome.
4. **Help them discover something they are good at.** This can be a huge confidence booster for any child when they find a skill they can master. Explore your child's interests, such as art, music, sports, anything else, then look for opportunities for them to do more of it.
5. **Encourage them to make their own choices when possible.** Children and teens have many of their decisions made for them. Find appropriate opportunities where choices can be given. Allow them to learn from their own decisions and build their confidence around that skill. Decision-making is an extremely important tool as someone moves closer to adulthood.
6. **Change negative self-talk.** This goes for the adults too. Model positive self-talk about your children and refrain from pointing out things you do not like about yourself. If we want our children to be confident and have good self-esteem, we must demonstrate what that looks and sounds like.

When children feel confident, they are more likely to have academic and personal success. As they mature and develop, they are more inclined to act independently, learn to effectively problem solve, resist peer pressure, and act directly from their fundamental core values.

In addition, they feel worthy, capable, and maintain more meaningful relationships. They are more likely to be resilient, have a growth mindset, motivate themselves to take on new challenges, and cope with and learn from mistakes. They also have more of a tendency to take responsibility for their actions, assert themselves, and ask for help when they need it.

Excerpted from: [8 Ways to Boost Your Child's Confidence and Self-Esteem \(healthhub.sg\)](https://www.healthhub.sg)

Excerpted from: [14 Strategies for Building Confidence in Your Children | Psychology Today](https://www.psychologytoday.com)