



10 confidence-building ideas

Here are 10 ways to build confidence in your kids so they can take their place in the world.

- 1 Model confident mindsets
- 2 Teach children to look on the bright side
- 3 Help children to use self-praise
- 4 Recognise effort and improvement
- 5 Focus on children's strengths and assets
- 6 Encourage children to teach you something every day
- 7 Give them real responsibility and jobs at home
- 8 Spend regular time teaching and training
- 9 Build scaffolds to success and independence
- 10 Help them discover environments where they feel confident

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