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Confidence Is in You

Tips for Educators, Parents, and Caregivers

Confidence is an important building block for a child's health, happiness, and success. Research shows that confident children have more success in school, social relationships, handling responsibilities, trying new things, and managing emotions.

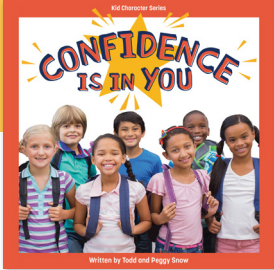
Children develop confidence by respecting themselves and others. As educators, parents, and caregivers, we are their role models. The way we respect ourselves—and them—has an impact on how they will see themselves. Try these tips for boosting the confidence of children in your care:

- ★ Address children by their name. Make sure they know you care about them unconditionally.
- ★ Communicate appreciation and acceptance so children feel they belong and are valued.
- ★ Give specific praise about their efforts more than the end-results.
- ★ Set goals with children that are challenging but achievable so they feel capable.
- ★ Let children make age-appropriate choices and encourage them to try new things that allow them to feel competent.
- ★ Reassure children that mistakes and setbacks are normal for everyone.
- ★ Make sure constructive criticism is directed at the child's choices or actions, not at them as a person. Avoid comparisons to others, which can cause children to doubt themselves.
- ★ Give children age-appropriate tasks so they feel useful, responsible, and competent.
- ★ Model and teach positive self-talk, such as "Mistakes are okay, I can learn and grow," "When I practice, I get better," "I am brave and can try," and "I can cheer myself up."
- ★ Read this book together. Share other books and news stories about people who have shown confidence.
- ★ Let children know it's okay to express both positive and negative feelings.

By implementing these tips with children in your care you'll be helping them become confident, happy, and thriving individuals!



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(fill in your name)

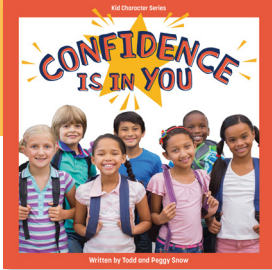
Is there a time when you felt really confident?
Describe that time! Is there anything that
helped you to be confident in that moment?

Confidence grows from practice.
The more you do something, the
better at it you will be! List three
things you would like to get better
at by practicing.

You are your biggest support when it
comes to being confident! What are
three positive things you can tell
yourself to grow your confidence?



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(fill in your name)

Being confident is not always easy. Sometimes you need help, maybe from a stuffed animal, a friend, or even a lucky pair of socks! Draw something that helps you to be confident when it seems tough on your own.

