

How can I support my child's self-confidence

Children are not born equal when it comes to self-confidence; some have it more than others. Every child follows his/her own road. Less self-confidence does not always have to become an issue. Some children are shy and insecure when they are little but grow over it by themselves.

For others, it continues to be difficult. However, as parents you can support the development of your child's self-confidence.

Tips:

The basic rule is to create a stable home, with clear rules and limits. This creates a safe environment for your child to exercise.

- Is your child shy and does she/he find it hard to approach other children? Do not push her or him too much. Show that you are confident that she/he will manage. If children notice that you would like them to be more outgoing or spontaneous, the effect can be counter productive.
- Positive experiences give strength and self-confidence. Sometimes, you can split difficult situations in small steps. Each step will have its own reward.
For example: Do not ask a few children to come and play, just ask the quiet neighbor girl that she is already familiar with.
- It is helpful to show self-confidence as a parent.
- Give unsure children many, descriptive compliments. Focus on what your child has achieved, not on what she/he has not.
For example: 'You asked that mister if it now is your turn. I call that brave!'

Do you recognize this? Do you want to talk about it? Feel free to contact me.
Of course you can always contact me for other education-related questions.

You can always mail or call me.

Until next time,
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