

Raising Confident Children



Parents want to do everything they can to develop self-esteem in their children. A child who is confident feels good about themselves, sees themselves in a positive light, believes in themselves, feels capable, takes risks, copes with mistakes, and attempts things again even if they failed initially.

To help a child build their confidence, focus on the following:

- **Help your child master new skills.** Show them how to do something new and then let them do it without helping, even if the end product is not perfect. Try to choose new skills that they can learn but aren't too easy.
- **Praise effort.** Point out the hard work that went into a project or activity instead of the final product.
- **Model a good attitude and effort.** When you go about your day, set a good example by approaching tasks with a positive attitude. If something is difficult or frustrating for you, express this calmly and model how you go about tackling it anyway.
- **Avoid excessive negative feedback.** If a child hears harsh criticism about themselves, they are going to internalize this. If you need to correct your child, try to do it with patience and focus on what they could do differently next time.
- **Focus on strengths.** Look for things your child does well and takes pleasure in and hone these skills.
- **Have kids contribute.** Children should participate in family chores so they can see that they are an important part of the household and are needed to help keep things running smoothly.

Confidence may come easier for some children than others. If you're concerned about your child's sense of self, consider contacting your Employee Assistance Program for support or guidance.

Lyness, D'Arcy. Your Child's Self-Esteem. Retrieved June 2, 2021 from <https://kidshealth.org/en/parents/self-esteem.html>



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

TOLL-FREE:
1.800.424.1749

WEBSITE:
www.EAPHelplink.com

CODE:
USNH

