



Teaching Confidence

Step 1. Have Conversations with Your Child about What it Means to be Confident

1. When your child is preparing to participate in an activity that is new or difficult, say: "Don't be afraid to make mistakes. Don't worry too much about what people are thinking about you when you have a go. Be positive. That will help you to be confident."
2. When your child is returning to school after a holiday, say: "Remember it is good to try to be very confident in your work and with friends. Confidence means believing in yourself and not being afraid to try something new."
3. When your child is getting ready to meet someone new or preparing to present something in class, say: "Don't forget to stand up straight, look people in the eye and use a clear voice so people can understand what you are saying. That will show you are being confident."
4. Say: "Behaving confidently will help you to do well in school and make friends."

Step 2. Describe Examples of Confident Behaviours to Practice

1. Select two or three examples of confident behavior that you want your child to practice to help him/her to become more confident:
2. To develop Work Confidence, say: "It is good to put your hand up when your teacher asks a question and you think you know the answer." "It's good to try hard work first without asking your teacher for help." "It is also good to ask your teacher for help when you are having difficulty." "It is good to try different things that are hard to do like playing a musical instrument or trying out for a team."
3. To develop Social Confidence, say: "It is good to talk to someone new." "It is good to share your ideas with your family, friends or in class." "It is good to speak with a clear voice so people can easily understand what you are saying." "It is good to greet adults with good eye contact and use their name." "It is good to start a conversation."

Step 3. Discuss Ways to Think that will Help Your Child to Be Confident

1. When your child has received a low mark say: "Remember, you are not a 'D' person when you get a 'D.' or when not invited to a party say, 'Don't put yourself down because someone didn't include you (or wasn't nice to you). You still have many good points.'" (**Accepting Myself Thinking**)
2. When your child has to do something that is new or difficult, say: "When learning something new, while it's nice to be successful right away, you don't need to be. Making mistakes is a natural part of learning." (**Taking Risks Thinking**)
3. If your child seems to be worrying a lot about friends, say: "While it's nice to be liked by others, you don't need everyone to like you all the time. While it's not nice, it's not the worst thing in the world if someone does not want to spend time with you or is mean to you." (**Being Independent Thinking**)
4. To encourage your child to make his/her own decisions about how to do things and to stand up for what he/she believes rather than just being a follower, say: "Sometimes when you do things differently from others or express a different opinion, others will think you are silly or stupid or may say they don't want to be your friend. At these times, remind yourself that it is important that you be yourself and make your own decisions. If people do not approve, it's not the end of the world." (**Being Independent Thinking**)
5. When your child is faced with something that is hard to do and is unsure, say: "It's important to have a positive attitude and think "I can do this. I'm more likely to be successful than to fail." (**I Can Do It Thinking**)

Step 4. Things to Say to Acknowledge Your Child's Confidence

When you catch your child behaving confidently, say: "That took confidence." "That wasn't easy to do but you did it" "You are not afraid to take risks." "You had a confident voice when you spoke." "You confidently stood up for what you believed." "You were not afraid to make a mistake." "Predicting success helps you to be successful." "You have a confident approach to your work." "You did not get too upset with yourself for not achieving a good result." "You looked confident."