

MENTAL HEALTH TIDBIT (BETTER INFORMED TOGETHER)

12 TIPS FOR RAISING CONFIDENT CHILDREN

DAUPHIN COUNTY MH/A/DP
OCTOBER 2021 MENTAL HEALTH TIDBIT

To thrive, children need to trust in their own abilities while, at the same time, knowing that they can handle it if they are not successful at something. We all want our children to become resilient—able to overcome obstacles, continue when problems arise and bounce back from difficulty.

Here are 12 ways you can help your child be confident:

- 1. Model confidence yourself.** Even if you are not quite feeling it! Seeing you tackle new tasks with optimism and lots of preparation sets a good example for children.
- 2. Do not get upset about mistakes.** Help your child see that everyone makes mistakes, and the important thing is to learn from them, not dwell on them.
- 3. Encourage them to try new things.** Learning new skills makes children feel capable and confident that they can tackle whatever comes their way.
- 4. Allow your child to fail.** It is natural to want to protect your child from failure, but trial and error is how children learn, and falling short on a goal helps them find out that it is not fatal.
- 5. Praise perseverance.** Learning not to give up at the first frustration or bail after one setback is an important life skill. Confidence is not about succeeding at everything all the time, it is about being resilient enough to keep trying, and not being upset if you are not the best.
- 6. Help your child find their passion.** Exploring their own interests can help children develop a sense of identity, which is essential to building confidence.
- 7. Set goals.** Setting goals, large and small, and achieving them makes children feel strong. Encourage them to make a list of things they would like to accomplish.
- 8. Celebrate effort.** Praising your child for their accomplishments is great, but it is also important to let them know you are proud of their efforts regardless of the outcome.
- 9. Expect them to pitch in.** They might complain, but children feel more connected and valued when they are counted on to do age-appropriate jobs.
- 10. Embrace imperfection.** As grown-ups we know perfection is unrealistic, and it is important for your child to get that message as early as possible. The idea that others are always happy, successful, and perfectly dressed is a fantasy, and a destructive one. Instead, remind them that being less than perfect is human and totally okay.
- 11. Set them up for success.** Challenges are good for children, but they should also have opportunities where they can be sure to find success.
- 12. Show your love.** Let your child know you love him no matter what. Even when you are mad at them. Making sure your child knows that you think they are great—and not just when they do great things—will help them see their worth even when they are not feeling good about himself.

Excerpted from Child Mind Institute: childmind.org/article/12-tips-raising-confident-kids/