

MAGGAZZINE

BuildingConfedence

For Klds



TABLE OF CONTENTS

Confidence Basics	3
The Basics	
Always Make Time	
Don't Be Too Hard	
Be a Positive Example	
Watch Out For Bullies	
 Let your Child Know You Believe In Them	 4
 Show That You Believe In Them	 5
Encourage Your Child to Try New Things	
Push Them Out of Their Comfort Zone	

Confidence

Confidence is extremely important for a child to develop in the early stages of their life. It is important because it is needed in order to overcome many obstacles that your child will face in life.

It is the job of the parent of the child to help the child build self-confidence. There are many different ways that you can help your child build confidence.

Building your child's self-confidence will not only make them feel good about themselves, but also prepare them for the future as well. You may find yourself asking, what can I do to give my child higher self-confidence?

The answer is not difficult and in fact there are several things you can do on a daily basis that will help and they will only take a few minutes.

The following book will provide you with some helpful information on the importance of building self-confidence and ways in which to do so.

Make sure to pay close attention and take in all the information and building your child's confidence will be a much easier task.

Confidence Basics

If you are new to parenting, there are probably many things that you are not completely sure of how to do. One of these things may be how important building confidence in your child is or how to build confidence.

Do not worry; just as every other challenge you have faced in your life, it is achievable. All you need to do is learn some helpful techniques and set aside some extra time for your child and

building their self-confidence will be as easy as a walk in the park.

The Basics

A person's confidence levels as an adult are greatly impacted by the level of confidence that they had as a child. This is one of the main reasons why it is so important that you instill a healthy amount of confidence into your child.

With a little bit of effort and time, your child will surely develop this crucial life skill.

There are a few things that as a parent you will need to do. The following are some examples:

Always Make Time:

It is important that you always make time for your child, no matter how busy you are!

Showing that your child comes before everything else is an excellent way of building a child's self-confidence and self-worth.

It is advised to take the time to schedule activities with your child that can help with the process of building their confidence.

This could be taking them to do something they are good at or maybe even taking them to try something new.

This will show them that they are talented which is a great confidence booster. One example could be taking a child to the park for a game of ball.

If your child is not into sports, take them to an event that will allow them to show their knowledge on things and always be sure to show how impressed you are.

The Basic

Don't Be Too Hard:

Although it is important not to be too easy on your child, it is also important not to be too tough on your child as well.

Being too easy on your child will likely not instill proper morals in a child or teach them to be responsible, on the other hand, being too tough will likely lead to low self-confidence because a child will feel as if they never do anything right.

You as a parent must find the middle ground and be equal with your discipline. Not every child will respond to the same type of parenting so it is important to experiment and see what works best when it comes to building your child's confidence.

Be a Positive Example:

It is your job as a parent to set a positive example for your child and to be a role model. One of the personality traits that your child will likely learn from you is your level of self-confidence.

It is important that you always appear as if you have a situation under control and that you completely believe in yourself.

Also, never talk negatively about yourself in front of your child because this will likely cause them to develop the same habit.

Watch Out For Bullies:

Bullying is becoming increasingly more popular. This is likely stemming from the fact that kids can bully one another from any time and any place, thanks to social media.

Bullying is probably one of the quickest ways a child's self-confidence can be destroyed.

Bullies often times suffer from low confidence in themselves, in order to try to make themselves

Believe

feel better they try to lower other's confidence as well. This is why you must watch out for the signs of your child being bullied and put an immediate end to it!

A few examples of behaviors your child may exhibit while being bullied are:

- Suddenly no longer wants to go to school
- Depression
- Anxiety
- Fear
- Less Social Interactions
- Not seeming Like Themselves
- Not Wanting to Talk About Their School Day

If you notice any of these signs you need to take immediate action!

Let your Child Know You Believe In Them

The next step that we will touch base with for creating confidence in your child is letting your child know that you believe in them. This is actually a very simple task to do and requires little effort.

However, it is still very important. There are many different ways that you can let your child know you believe in them.

With enough effort and time, you will be able to find activities that greatly improve your child's confidence while showing that you believe in them.

Many people may be unsure of how to perform this step effectively and may not have an idea of

Show

where to begin.

Are you one of these people? If the answer is yes do not worry, children do not come with guidebooks but you can get advice from places such as this book.

Continuing reading and pay close attention to the next chapter because it will give you some valuable tips to help you build your child's self-confidence.

Show That You Believe In Them

The process of showing your child that you believe in them can be completed in many different ways. Often times, what works for one child will not have the same impact on another.

This means that you will likely have to try different things until you find something that works. If you do not know where to start, a few examples are provided below:

Encourage Your Child to Try New Things:

Encouraging your child to try new things is an excellent way of building their confidence and showing them that you fully believe in their abilities to accomplish something.

Pay attention to the things that your child tells you, especially when it comes to what they would like to do but do not feel that they would be any good at it.

Comfort Zone

Use this situation as a way to show you believe in them by encouraging them to try.

Tell them that you believe in them and that they can do anything they set their mind to.

It is important to explain to them that they may not be great at something when they first start but over time and with practice they will get much better.

Push Them Out of Their Comfort Zone:

When a child is stuck in a comfort zone their chances of building their self-confidence are much slimmer than that of a child who is always challenging themselves.

Teaching your child to challenge their self will greatly improve their self-confidence while at the same time showing them that you believe that they can do anything.
