

# Parent Education @ WHPS

## Promoting Confidence

### Confidence

#### Definition of Confidence:

Confident young children are not afraid to make mistakes when learning something new. They believe that they will be successful if they try hard. They only ask for their teacher's help when they have tried their very best. Confident young children are not afraid to meet new classmates. They expect to be liked and make friends. And when someone wants them to do something they don't want to do, confident children tell them nicely what they want to do. Confident young children make themselves big and tall and speak in a voice that everyone can hear but is not too loud.



#### Examples of Confident Behaviour in Your Child:

- ☺ Chooses to participate in a new activity with new friends
- ☺ Shares what happened during the day with his/her family
- ☺ Introduces himself/herself to someone new
- ☺ Looks at people directly in the eye when speaking to them
- ☺ Speaks loudly enough so everyone can clearly hear
- ☺ Does a new activity without first asking for help
- ☺ Says "good-bye" to parents or babysitter and knows they will return to pick him/her up
- ☺ Says "hello" to a new friend

#### Ways to Praise Your Child for Confident Behaviour:

- ☺ "That took confidence."
- ☺ "You were brave to do that all by yourself."
- ☺ "Good for you. You were not afraid try something new."
- ☺ "You see, we all make mistakes when we learn something new."
- ☺ "You look and sound confident."
- ☺ "You did not get upset with yourself for not finishing that difficult puzzle."

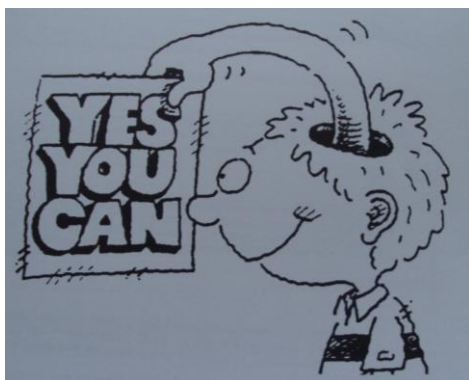
#### Teach Your Child the Following Types of Thinking (Self-Talk):

- ☺ **Accepting Myself:** I am likeable and good at doing many things.
- ☺ **Taking Risks:** It is okay to make mistakes when learning something new.
- ☺ **Being Independent:** It is good for me to try new activities by myself and it is okay to ask for help if I need it.

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## Practical Things You Can Do to Develop Confidence in Your Child

- Give your child a special responsibility (e.g., special role or job).
- Ask your child questions you know he/she can answer. Prompt him/her before asking question so he/she is prepared and experiences success.
- Set aside time each day for your child to demonstrate what he/she has learned at school.
- Help your child to identify and develop individual interests and talents by showing interest in and excitement about areas of your young child's skills and talents.
- Do not give your child too much attention when he/she expresses negative feelings about school work.
- Encourage your child to speak up when asked a question.
- Encourage your child to have eye contact with adults (if appropriate to your culture) or others, when being spoken to.
- Practise asking your child his/her name and age so that he/she can respond with a confident, clear voice.
- Provide your child with many opportunities to do things where he/she can be successful. Provide praise at these times.
- Praise your child for trying something new.



***"We're All in this Together ....."***

