



Building Confidence In Children

- Give child your Focused Attention while speaking or doing something together. Listen with your eyes
- Be specific; comment and describe what you see your child doing
- Talk about feelings...theirs **and** yours as well as what others may be feeling regarding a specific situation
- Offer choices to your child when you want them to do something
- When your child does something that makes you proud, tell them
- Try to understand the emotional need **behind** their actions
- Be consistent, follow through and avoid threats
- Let your child know in various ways, that you enjoy being with them



- Create the "1-Minute KidTime". Everyday, give your child one full minute of your undivided, focused attention. Allow your child to do the talking while you "listen with your eyes." (focused attention) Be sure every child in your home receives a "1-Minute KidTime" by week's end
- Discuss with your child what kinds of activities enhance his/her sense of confidence, competence and happiness