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# IDEAS TO BUILD CHILD'S CONFIDENCE

— FREE PRINTABLE —

1

Ensure they know your love is unconditional

2

Give age-appropriate chores around the house or classroom

3

Address them by their name

4

Give them age-appropriate "special tasks" to help you out

5

Join their play (and let them lead)

6

Focus on improving your own confidence

7

Ask them for advice or their opinion

8

Make special time together

9

Let them make age-appropriate choices

10

Set aside time when you give them undivided attention

11

Encourage them to try a theater class

12

Praise them the right way

13

Let them overhear you speaking positively about them to others

14

Resist comparing them to others

15

Practice positive self-talk with them

16

Hang their portraits or artwork around the home or classroom

17

Teach them how to set and achieve goals

18

Encourage to try new things to develop new skills

19

Help them discover their interests and passions

20

Help them overcome the fear of failure

21

Encourage them to express their feelings

22

Make sure they know you're upset with their choices, not who they are

23

Surround them with positive, confident people (including their friends)

24

Create a Wall of Fame to recognize their achievements

25

Shower them with hugs