

Supporting Your Child's Self-Confidence

Confidence—The belief in one's ability to engage with others and master challenges encountered in the larger world.

Self-confidence is an important aspect of your child's healthy development and a key ingredient for life long achievement. More confident children are eager to try new things, learn new skills, and face new challenges. Additionally, more self-confident children are better able to work out social solutions and get along better with others. Children are not born with a sense of self-confidence; they learn to be self-confident through their interactions and experiences with others. Here are a few ideas to help build your child's confidence:

Establish Routines with Your Baby or Child:

- Routines are predictable events that happen in approximately the same way. Establishing routines helps your child feel safe, secure, and in control of their world. This builds their sense of self-confidence.



Encourage Your Child to Solve Problems and Master Tough Tasks:

- It might be easy for us as an adult to know how to fix a problem a child is encountering during play. Allowing our children to solve a problem by themselves builds confidence. Our job as a parent is to be the coach, guiding and support, not fixing.



Allow Plenty of Opportunities for Pretend Play:

- For children, play involves learning. Mastering a new skill through play builds confidence.

Give Your Child Responsibilities:

- Young children love to help. Through helping, children feel useful, important, and it builds their self-confidence. Job responsibilities should match the child's ability. Young children can put spoons on the table or pick up toys.



Celebrate Your Child's Successes:

- Celebrating your child's successes, shows your child you recognize they are growing and learning and helps to build their confidence.