

## HOW TO INSTILL CONFIDENCE IN KIDS

Is there anything that makes you more proud than when your child shows some confidence? It makes little difference if they are ten or two years old. You love to see that simple sign, or that little spark of self-confidence.

So on the first day of the new school year I have directed all of my staff to make every child feel more self-confident. And I have given them some suggestions on how to make sure it happens to every child who comes to our Center.

Here's what I suggested to them:

- Be confident yourself. If you're not then it is impossible for you to instill it in a child.
- Show that you care. Kids respond when they know that someone cares about what they say or do.
- Form a simple attachment to the child. It could be as easy as a nice greeting, a thank you, or just a simple hug.
- Point out how you think others like what the child has just done. "I like how you shared the toy with Ronnie or I like how you colored the picture."
- If the child seems down then show them you understand and that you have "down" days as well. Point out that tomorrow will be different.
- Address the child by name. We all like to hear our names. Show them that you know theirs.

- Give them something they will succeed in accomplishing. It doesn't need to be tough to do. In fact it should be rather easy.
- Make a big deal by displaying their accomplishments for others to see or make a note of it by stating the accomplishment out loud for others to hear.
- React like an adult in the face of negative comments or emotions. Don't stoop to their level.
- Give them a simple responsibility and thank them if they meet it.

I think there is a little kids in all of us when it comes to self-confidence or a lack of it.

Wouldn't you like someone to do some of the things at home or at work that I suggest my staff do on the first day of school? I know I could use a little bit of this myself from time to time.

I like for others to see confidence in me. I like to be called by my first name. I like for people to point out they liked something I've done. I like to think that the person I'm talking to cares about me.

The first day of school is terribly important to children. They view it with both excitement and anxiety. Give your child a little something to feel confident about and you just might make it a little easier for them to face the day.