



Supporting Your Child's Confidence

We know that a lack of social contact, extra-curricular activities, and family events can impact a child's well-being and development of skills, personal achievements, and independence. As this is a common concern, we want to share some ideas and strategies you can use at home to support your child's confidence and build self-esteem.

Build Responsibility and Independence

- **Make Check-Ins a Habit:** Set aside daily one-to-one check-in time with your children to ask how their day is going. Discuss any worries or anxieties and encourage them to name at least one positive from the day.
- **Give Them Jobs:** Encourage independence and responsibility by giving your children jobs to do. This could be something simple such as picking up toys, hanging up towels, setting the table, or making their bed.
- **Ask for Help:** Ask them to help you with chores—they can help to sort and fold washing, prepare a meal, do light cleaning chores, or put the bins out.

Use Specific Praise

- **Praise Effort, Not Just the Outcome:** Support your children when they make mistakes. One of the hardest lessons for children to learn is that it is okay to make a mistake.
- **Be Specific:** Give specific praise rather than saying "Good boy/girl." Instead, say, "Thank you for setting the table, that is so helpful," or "Thank you for putting your plate into the dishwasher".

Explore Interests and Identity

- **Encourage New Things:** Encourage them to try new things. This could include watching a new television programme, listening to different types of music, and trying new foods.



- **Explore Passions:** Explore their interests—if your child has a passion for dinosaurs, loves knitting, or has always wanted to learn a language, this is a great opportunity to explore it further.
- **Develop Identity:** By encouraging them in their interests, you will be helping them to develop their own sense of identity and self.

Build Confidence with Affirmations

- **What is an Affirmation?** An affirmation is a positive statement that is read regularly to counteract any negative thoughts.
- **Use Affirmations:** Choose one affirmation and place it in a place where your child can see it easily. Encourage them to say the affirmation out loud several times a day.
- **Praise the Trait:** If you see them demonstrating that quality, notice and comment on it: "That was so kind of you," or "That was so brave".
 - *Examples:* I am kind. I am friendly. I am brave. I am loved. I am proud of myself.

Resources and Support

- You can find lots of examples of affirmations for children here:
<https://www.twinkl.co.uk/blog/20-top-positive-affirmations-for-children>
- For resources and stories to support learning from mistakes, please visit the [Wellbeing Support for Parents](#) section of our website.