



# 25

# IDEAS TO BUILD CONFIDENCE IN KIDS

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

# 15

*tips to build*

# SELF-ESTEEM & CONFIDENCE *in* TEENS

1. **Love Unconditionally** - Make sure your teen can rest assured your love does NOT depend on their grades, performance, friend group, college, or any other factor - including their choices or behavior.
2. **Embrace a growth mindset in your home** - Many teens are stuck in a "fixed mindset", bring what you're learning about growth mindset into your family conversations.
3. **Make room for failure** - When you criticize, panic or gloss over a failure, you emphasize a fixed mindset, instead, take a deep breath and open up the conversation with your teen.
4. **Praise the process and tie it to the outcome** - Congratulate your teen's accomplishments, milestones, and growth by emphasizing their hard work, effort, and perseverance.
5. **Help them gain new and lacking skills** - Encourage your teen to see struggles and challenges as an opportunity to grow, learn and expand their interests and abilities.
6. **Be a family that doesn't give up** - Your teen can still try something they're not good at or start something new. If they stick to something wholeheartedly, they can build confidence along the way.
7. **Give reassurance** - Remind your child they are not a "bad person" for moving on from a toxic friendship or choosing an activity over a boyfriend/girlfriend.
8. **Talk about assertiveness** - Discuss how nuances such as tone of voice can make or break a conversation. Point out how body language and nonverbal cues can send a message of their own.
9. **Practice at home** - Create a safe space for your teen to process through difficult situations. Give them the freedom to talk freely about challenges. Explore ways they can manage situations with confidence.
10. **Encourage self-compassion** - Introduce mindfulness apps or activities, create positive mantras, or list affirmations where they will be seen on a regular basis.
11. **Encourage diversity in activities and interests** - When your teen engages in activities helping others, they gain a sense of purpose and tend to have a higher sense of self-esteem.
12. **Give less advice** - Rather than solving all of your teen's problems for them, engage them in the process. Listen as they explore where things went off track and then support your teen's plan to move forward.
13. **Ask for advice** - Be sure to discuss your challenges in front of your kids and see you make mistakes. Discuss the situation with them. Ask them for advice or see how they would approach your problem.
14. **Listen** - Keep the relationship with your teen strong by resisting the urge to turn everything into a long lecture. Focus on improving your listening skills rather than needing to be "right" or having the last word.
15. **Model confidence** - Be careful you don't put others down, criticize yourself, or make your own happiness dependent on other people or circumstances. Embrace a growth mindset!