



30 WAYS to BOOST a child's CONFIDENCE

1. Give lots of kisses and cuddles to babies and young children
2. Smile and talk to them from the earliest age.
3. Be consistent – if you say you will be somewhere or do something at a certain time, do so if you possibly can.
4. Give praise for things achieved – like making beds, cleaning their own shoes, cleaning teeth carefully. Etc.
5. Tell children you love them – even when you think they don't deserve it!
6. Avoid nagging – either children or adults!
7. Discipline young children by removing them from the situation – hitting only makes things worse – use the opportunity to teach them about correct behaviour.
8. Explain to children that parents need time to discuss things too. Children often interrupt but as they grow older they will realise they can remember things to tell you later and will interrupt less often. (They LOVE interrupting when you're on the phone!)
9. Share daily activities – let your child plan a meal and help prepare it. Share a story. Have meals together at the table (without TV).
10. Care for yourself! You need time out and rewards to cope with the demands of being a parent. Plan for these regularly, go for a walk, take a bubble bath, play your favourite tape. If you care for yourself you can more easily care for children.
11. Stay calm and be fair. You are the adult and your child's teacher. Your child will copy your behaviour. When you feel really stressed, as all parents sometimes do, get support and talk it over with someone.
12. Reinforce and encourage your child's good behaviour. Use praise or a special game or time with your child.
13. Spend time with your child! Play with your child. Have some fun times or read together.
14. When children misbehave, let them know they are okay – it's their behaviour that is not okay.

15. Talk together. Talk about every day things as well as big issues with older children.
16. Take time to listen to children and really hear what they are saying and want to share with you. Give them the opportunity to make their message clear. Quality listening time can be built into a routine, such as bedtime or travelling time.
17. Encourage children to develop their own strategies for achieving things and help them review their effectiveness. Resist the temptation to provide adult solutions all the time.
18. Encourage children to see “mistakes” and “awkward moments” as a natural part of learning and growing.
19. Catch your child being good and comment on what you have noticed.
20. Don't be afraid to say “sorry” when you make a mistake!
21. Encourage children to have a support network and identify those people children can go to for help.
22. Children feel valued and important when family and friends watch them participate in school and weekend sports.
23. Take on active part in your child's schooling – help out at school where possible and show interest in their school activities.
24. Teach children personal safety principles – they must have permission to say “no” to anyone if they need to protect themselves from an unpleasant situation. They must learn to trust their own feelings, recognise that they own their own bodies and that they don't have to keep secrets which frighten or hurt them.
25. Your teenager is more likely to respect your views if you respect his or her views too.
26. Respect your child's privacy. Older children particularly need privacy. They need their own space and time to themselves. If you respect their privacy they are more likely to confide in you.
27. Let your child know you're there when she or he needs you. No matter how independent your children seem, let them know that you will always be there to offer comfort and support.
28. Make it clear that you want to be involved. If you find that your child NEVER wants to discuss anything with you, you may need to work really hard at it. A good start is to make it clear that you are interested in them and in what they do.
29. Don't impose your thoughts – if you think your teenager has odd views, remember that imposing your own attitudes could make things worse.
30. Laugh with your children – not at them.