



Top Tips for raising confident children



- Show your child you are genuinely interested in what they do, that you believe in them and encourage them to do things for themselves.
- Be affectionate, empathetic, positive and be a great role model. Einstein observed that for every negative message the brain receives, it takes at least 5 positive messages to negate its effect.
- Have clear and consistent boundaries and discipline in a firm, fair and friendly manner.
- Spend quality time with your children. Your presence is more important than presents.
- Help your child to work through their feelings and encourage them to have a go rather than give up and to try new things.
- Offer support and help but let your children do as much as they can independently
- Be an authoritative, not too strict (authoritarian) or permissive parent
- Encourage your child to practise what they are interested in.
- Appreciate their effort, even if they are not one more spelling correct in their test, that is progress. 10/10 is where they are aiming, but there will be a journey to get there.
- Avoid sharing your worries with your children.
- Let your children act their age, have age appropriate expectations
- Give explicit praise, rather than just well done- I am really liked the way you helped mummy lay the table
- Live in the moment, enjoy your children for who they are today
- Practise what you preach, be a positive role model to your children.