

Special

The attention & environment you provide shapes your child's brain development for life

ENGAGE Series

With the notion of survival of the fittest in play, it's important that every human understands his/her potential and use it to its fullest.

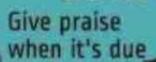
With each generation the level of competition between individuals is increasing. Therefore, it's vital for us to groom our children with self-confidence & self-acceptance. This helps them to develop a positive attitude towards themselves and life. Hence leading to mentally stable and healthy life.

DB YaR Forum recommends you the following ways to help your child build self – confidence.

Note: - The following are basic tools. For severity of the issues don't hesitate to consult an expert.

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Praise your child when they do something correctly.

#### Feedback .....

Young children rely heavily on adult feedback. Make feedback meaningful and positive

#### Develop Autonomy

Let your child make their own decisions so they gain confidence in their own judgement

#### Be a role model

Set an example to your child. Be a role model and react positively to your child

#### Promote problem solving

Help your child to solve their own problems. This will make them feel more confident in their abilities

#### Success

Create opportunities for your child to experience success

#### Constructive Criticism

Provide constructive criticism. Don't yell at your child. Help them to be the best they can be

#### Accomplishments

Allow your child to be proud of their accomplishments

#### Don't overcontrol

Allow your child to express their creativity. Don't start to control everything they do

#### Avoid labels

Ensure your child has a positive view of themselves

# 25 IDEAS TO BUILD CHILD'S CONFIDENCE

1

Ensure they know your love is unconditional

6

Focus on improving your own confidence

11

Encourage them to try a theater class

16

tlang their portraits or artwork around the home or classroom

21

Encourage them to express their feelings 2

Give ageappropriate chores around the house or classroom

7

Ask them for advice or their opinion

12

Praise them the right way

17

Teach them how to set and achieve goals

22

Make sure they know you're upset with their choices, not who they are 3

Address them by their name

8

Make special time together

13

Let them overhear you speaking positively about them to others

18

Encourage to try new things to develop new skills

23

Surround them with positive, confident people (including their friends) 4

Give them ageappropriate "special tasks" to help you out

9

Let them make ageappropriate choices

14

Resist comparing them to others

19

Help them discover their interests and passions

24

Create a Wall of Fame to recognize their achievements 5

Join their play (and let them lead)

10

Set aside time when you give them undivided attention

15

Practice positive selftalk with them

20

ttelp them overcome the fear of failure

25

Shower them with hugs

## Self-Esteem Check-Up

	ville.
hat would need to change in order for you to move up one point o e. For example, if you rated yourself a "6" what would need to h "7"?)	n the rating scale? appen for you to be at
am	like who I a
I completely dislike who I	I completel
0	10
Overall, how would you rate your self esteem on th	e following scale:
Total Score	· .——
15. I am happy to be me	
14. I'm not afraid to make mistakes	
13. I focus on my successes and not my failures	
<ol> <li>I love myself even when others reject me</li> <li>I know my positive qualities</li> </ol>	-
10. I like the way I look	
9. I respect myself	
8. I love trying new things	
7. I am good at solving problems	
6. I can handle criticism	
<ol> <li>I am proud of my accomplishments</li> <li>I feel good when I get compliments</li> </ol>	
3. I would rather be me than someone else	? <del></del>
2. I am just as valuable as other people	
1. I believe in myself	
Statement	Rating

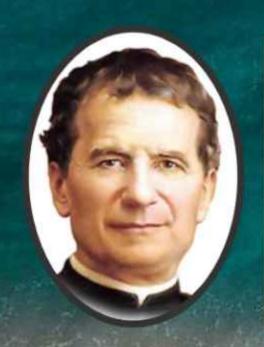
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### POSITIVE THOUGHTS & AFFIRMATIONS

- There is no one better to be than myself. 29. I am free to make my own choices.
- I am enough.
- I get better every single day.
- I am an amazing person.
- All of my problems have solutions.
- Today I am a leader.
- I forgive myself for my mistakes.
- My challenges help me grow.
- I am perfect just the way I am.
- 10. My mistakes help me learn and grow.
- Today is going to be a great day.
- 12. I have courage and confidence.
- I can control my own happiness.
- I have people who love and respect me.
- 15. I stand up for what I believe in.
- I believe in my goals and dreams.
- 17. It's okay not to know everything.
- Today I choose to think positive.
- 19. I can get through anything.
- 20. I can do anything I put my mind to.
- I give myself permission to make choices. 46. I can do anything.
- 22 I can do better next time.
- 23. I have everything I need right now.
- 24. I am capable of so much.
- 25. Everything will be okay.

- 30. I deserve to be loved
- I can make a difference.
- 32. Today I choose to be confident.
- 33. I am in charge of my life.
- 34. I have the power to make my dreams true.
- 35. I believe in myself and my abilities.
- Good things are going to come to me.
- 37. I matter.
- 38. My confidence grows when I step outside of my comfort zone.
- 39. My positive thoughts create positive feelings.
- 40. Today I will walk through my fears.
- 41. I am open and ready to learn.
- 42. Every day is a fresh start.
- 43. If I fall, I will get back up again.
- 44. I am whole.
- 45. I only compare myself to myself.
- 47. It is enough to do my best.
- 48. I can be anything I want to be.
- 49. Laccept who Lam.
- 50. Today is going to be an awesome day.





Everything and everyone is won by the sweetness of our words and works

- Don Bosco



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