

SELF CONFIDENCE:

Three things that build confidence:

1

Emotional
Validation

&

Moving away
from saying
"be careful"

&

Moving away
from "I'm so
proud of you"



When a child is struggling to do something & says things like, "I can't do this!", "I'm not good at this!" or "this is impossible!" we want to validate their challenge rather than saving them from facing their struggles. When children move through their challenges they see how capable they truly are.

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Instead of saying things like, "that's not true!" or "you are amazing at this!", we can try validating our child's experience by saying:

- "something about this feels hard, I hear you."
- "Let's talk about what feels hard about this."
- "You wish you were the fastest one, I hear you."

Check out the course on "Emotions & Tantrums" for more on validation.

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When a child is told to "be careful", we show them that we don't trust their ability to trust their own body & how their body feels. That WE know more than what they feel in their body. Rather we want to show our child that they can trust how they feel. So for example, when a child feels afraid, they will proceed with caution & build self confidence.

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Instead of saying "be careful" when we feel uncomfortable or worried about the safety of our child while they navigate something, we can say:

- What are your plans?
- Did you notice the huge branch in front of you?
- How do you feel on that? Is it slippery?
- Does it feel safe for you to go up higher?
- How does it feel up there?

Check out my
Blog post on
this topic for
more.

We can physically stay
close to our child &
remain quiet while also
being nearby just in
case they need our
help.

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When we say, "I'm so proud of you" or "good job" we bring children to look outwards rather than inwards for how they feel about situations. They might keep searching in others how they are supposed to feel about what they've done or experienced - meaning they aren't sure about their own self.

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Bringing our children to look inwards, can sound like this:

- "How did it feel to do XYZ?"
- "I see you mixed these two paints, how did you think of that?"

Check out the course on "Praising" for more on saying "good job".