

SELF CONFIDENCE:

Is a "shy" child lacking confidence?

Children who don't interact or play with others, like sitting on the side of the park or at birthday parties, are considered "shy."

When a child doesn't feel comfortable doing something & they refrain from doing it, **they are listening to their body & showing self-confidence.** Even when everyone around them is doing one thing, they are listening to themselves & doing what feels suitable for their own body; this is pretty amazing & not something "negative."

When we make them feel like something is "wrong" with them for acting "shy" (different than everyone around them), that's when they might start lacking self-confidence because we are misunderstanding & judging their experience & which can be confusing.

SELF CONFIDENCE:

Is a "shy" child lacking confidence?

We want to show our children that they can continue having self-confidence. So when our child is sitting on the side or choosing not to interact and acting in "shy" ways, we can approach them in this manner:

"Only you know how you feel about XYZ; listen to your body & take the time you need."

"You can stay next to me for as long as you need. You are listening to your body & that's important."

This will help our children with their self-confidence. They know how they feel & they can trust how they feel about situations.