



# Increasing **Self-Confidence** in our Kids

# Self-Confidence

## Children who are Self-Confident:

*Understand their strengths  
Accept their weaknesses  
Apply that self knowledge to help them succeed*

## The Research says Higher Self- Confidence Leads to

- Better academic performance
- Resiliency: children are able to handle adversity and stress
- Creates feelings of well-being including: *increased creativity, stronger relationships, more effective communication, better decision making abilities, and more positive mental health outcomes.*

## Self-Confidence is NOT the same as self-esteem

We all want our kids to excel in multiple areas, and we want them to have high self-esteem, but ***self-confidence is not self-esteem.***

Most parents view self-esteem as a flight path to happiness and success so we constantly tell kids to “*believe in themselves*” and that “*they're special*” and they can “*be anything they want*”, but the research shows us there is very little evidence that boosting self-esteem increases academic success, or authentic happiness.

***Real self-confidence is an outcome of doing well, facing obstacles, creating solutions, and snapping back on your own.***

Children who are confident have a **positive self-image**; they know who they are and what strengths and gifts they bring to the table.



## How do we foster self-confidence????



**Find your child's strengths**



**Teach them that the way to cultivate unique strengths and is through EFFORT**



**Foster an understanding that we learn from our mistakes and failures.**

In her book **Thrivers**, *Dr. Michelle Borba* talks about how to help kids develop a stronger sense of their unique gifts. Here are just a few of her suggestions:



### **Find your child's strengths:**

Identify core strengths that you want your child to recognize about themselves (her Core Assets inventory is found on the last pages of this printable).

Once you know a few of your child's strengths, you can then give your child **specific recognition** about their trait(s):



*"You are so great with animals; you are caring and loving, and they just seem to respond so well to you."*



*"You are incredibly creative. You come up with new art projects almost every day!"*



## Use Earshot Praise

Let your child overhear you speaking positively about their strength to someone else.

- ✓ *“Did you see Ayden at soccer practice this week? He’s improving so much.”*
- ✓ *“Jasmine is so good with young children, she’s so caring and empathic.”*



## Use Nouns, not Verbs

- ✓ Instead of saying: “You’re good at painting” try:  
**“You’re a talented painter!”**
- ✓ Instead of saying “Your great at playing baseball” try:  
**“You’re a fantastic baseball player.”**

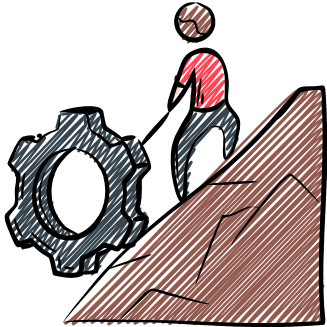
This helps them incorporate their strength into their identity.



## Don’t stress weaknesses.

Kids rely on their strengths, not weaknesses, to bounce back from adversity. Point their attention to what they’re doing well, not their shortcomings.

Instead of focusing only on the subject in school where their grades are the lowest, put more emphasis on the subjects in school they are excelling at!



## Praise effort, not talent:

Many children give up because they aren't immediately "good" at something. While some children are naturally talented, most of us, including our children, must put in a lot of hard work into cultivating a skill we want to become good at or to achieve a specific goal.

This involves teaching our children how to create a **strength-mindset**. This mindset nurtures the knowledge that if they exert effort, it will help move them towards their goal. This will help them be their best and believe that success is dependent on *effort*, not just talent or winning the genetic lottery.

### Try using phrases like:

- ✓ "You figured that out"
- ✓ "You did it!"
- ✓ "You worked really hard on that, how does it feel?"
- ✓ "I know this is hard, but every day I see you improving a little more."
- ✓ "You can't do it-- YET."



*Virtual*  
**APRIL  
 21-25TH**

**FREE**



**ICP SPRING  
 PARENTING &  
 MENTAL HEALTH**

**SUMMIT**

**WORLDS LEADING EXPERTS IN  
 PARENTING & MENTAL HEALTH**



**5 LIVE  
 WORKSHOPS**

**18 MASTER  
 CLASSES**

**FEATURED  
 MASTERCLASS:**

**RAISING  
 THRIVERS**  
 WITH  
**DR. MICHELLE BORBA**



**CLICK HERE TO REGISTER**