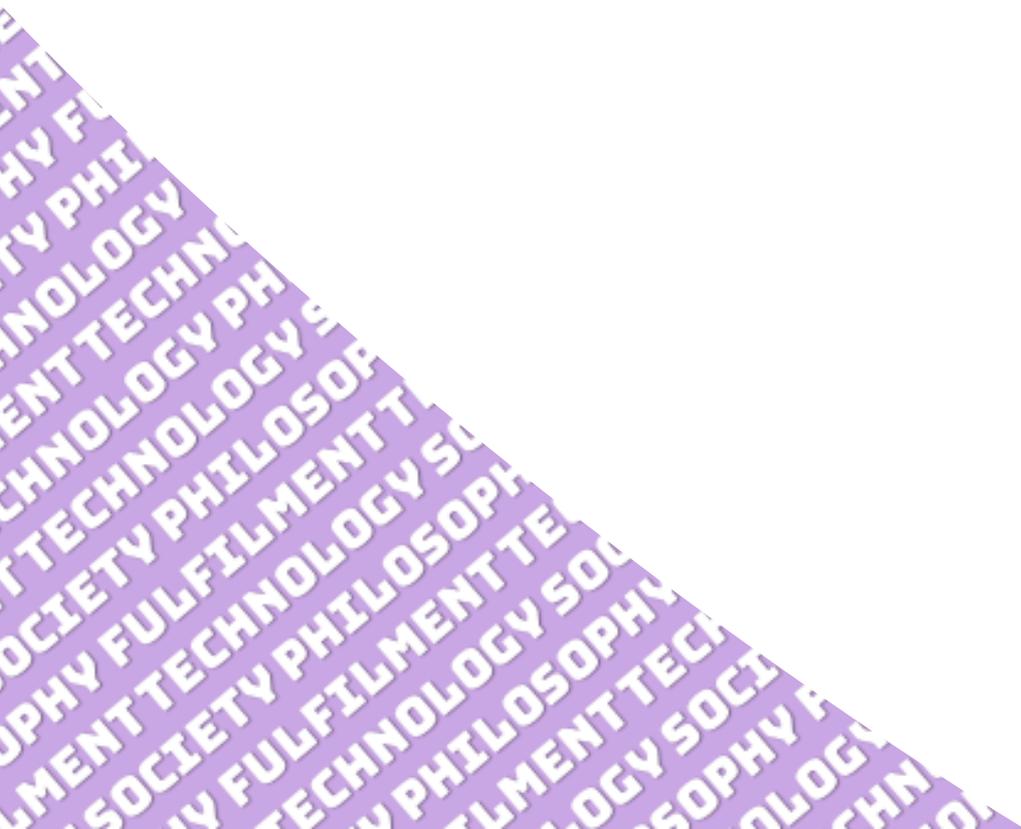


# **9 WAYS TO INSPIRE CONFIDENCE IN YOUR CHILD!**

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## **MODEL CONFIDENCE YOURSELF!**

Monkey see, monkey do. This is where you act confident—note the use of the word ‘act’ - since this means that even if you may not be confident, it is important that you pretend you are around your child. Doing daring things that you would not usually do may be one way; but the easiest way is your physiology. This is how you carry yourself—do you stand with a slouched back and drag your feet? Or do you walk tall, with purpose?

Your child can tell the difference and you will notice that they may actually inherit these actions from you.

So you can decide to be confident, or you can decide to allow your child to mirror your lack of confidence—the choice is yours!

## **MIND YOUR LANGUAGE!**

How do you speak about yourself? Again your child will pick up on these subtle comments. “Oh, I’m so stupid!” or “I’m so forgetful!” - easily said, but ultimately the words we choose after the statement “I am” define who we are.

Reinforcing the positive aspects of your character will enhance your confidence and therefore enable you to promote a more confident side of yourself. Once you can do this, you can notice language cues in your child and catch them. This negative self talk is something that can stay with you from childhood through to adulthood—so the impact can be immeasurable in terms of missed opportunities and overall happiness.

## **FOCUS!**

Where is your focus? Are you consistently negative in terms of your outlook or always looking for the worst in every situation?

Focusing on the negative too much can blind us from the positivity that also exists—and unknowingly, your child picks up this same view of the world. Voicing your gratitude for anything, no matter how small, can have a positive impact on your outlook in life. A secondary benefit is that it also provides a positive impact to those around you—including your child. A simple thing can help alter a mood—and when combined with a change in physiology and language—you can really create confidence.

## **ENCOURAGE MISTAKES!**

As parents you may have a tendency to want your child to seek perfection in everything that they do. The risk here is that they are so worried of making a mistake that they do not take any risks. This can prohibit your child from fully utilising their potential and going too cautiously through life.

Successful entrepreneurs, such as Sara Blakely, have noted that their parents actively asked about how they had failed each day. This created an environment where the child was not scared of failure. This type of change in focus can create a confident child that is not scared to take risks which can ultimately lead to a positive attitude toward opportunities which may present themselves throughout life.

It is ok to fail. And there is no such thing as perfect. Important lessons for both parents and children alike.

## **PRAISE CONSTRUCTIVELY!**

It is easy for a parent to continuously clap in amazement at every little thing that a child accomplishes. It is also important to catch yourself from doing it too often. Over-praising for simple tasks can lead to a negative relationship with achievement and crush a child's confidence when they complete a task and do not get the overzealous parental response that they expected when out in the real world.

Maintaining your composure as much as possible is important—this is done by not praising the outcome, but praising the journey to achieve the outcome. For example, you may look to praise the effort and pick out particular aspects of the work that you're really impressed by.

Moreover, trying to establish a sense of self pride in the outcome may help detach your child from relating your praise to the accomplishment. Instead they are able to look to themselves as to the reason to carry out a similar task in the future. Saying, 'you must be really proud of yourself for the effort you put in to this' is far better than 'wow, you're so amazing'.

## **FINDING A PASSION!**

Helping a child find a passion or an interest is very important. It is important to establish something that they are good at as this generates confidence and gives them something to fall back on when other things may not be going well. It is important, therefore, to introduce your child to a number of different things—so that they can find something that they are good at.

When they attach to something, its also important to remember that it may change in the future. Whatever the hobby—whether it is team sport or an individual venture such as playing an instrument—the achievement or sense of belonging will inspire confidence within them which will spill into other areas of their life.

## **PAY ATTENTION!**

Taking time to listen to your child will make them feel like they are being heard—and most importantly, that their opinion matters. This helps make them feel confident to voice their opinion in other arenas—such as school. The confidence gained from being heard also makes them feel valued—with a sense of belonging.

They also feel more confident in listening to other people—knowing they will also have an opportunity to speak and be listened to. It creates positive relationships and an environment where they feel comfortable able to grow.

## **DO SOME CHORES!**

An idea that many agree and disagree with. There are positive ways to implement chores—to give a child a sense of ownership of a particular area can make them feel like they are contributing and an increase in their self-esteem.

## **DEBATE IT!**

Developing the art of debate is extremely important. Critical thinking skills and delivery of their opinion is an important skill to know—bringing confidence that they are able to voice their opinion succinctly and clearly. Their confidence grows each time they are exposed to public speaking and practising this skill will only enhance these aspects of their personality.

If they can practise this in a safe environment, it will only benefit when having to do it in a more public space.

## **CONCLUSIONS!**

Overall being certain of oneself generates confidence. This comes from knowing who they are—by doing things like hobbies or creating skills that are unique amongst their peer group. It comes from a sense of belonging—at home and in other areas. It comes from being heard but also being able to voice your opinion. It comes from being able to fail without fear, trying new things and being praised in a way that inspires.

It comes from knowing what you're saying— and this comes from practicing and developing critical thinking, an expanded vocabulary and being able to structure thoughts.

