

Confidence Builders: Helping your child own their strengths

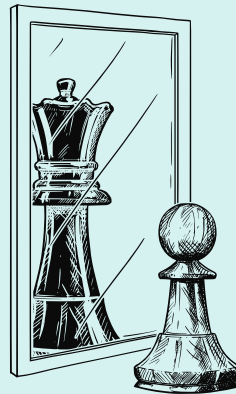
Parent/carers handout



What is Confidence?

Confidence means believing in yourself and your abilities, even when things are hard or new. It includes:

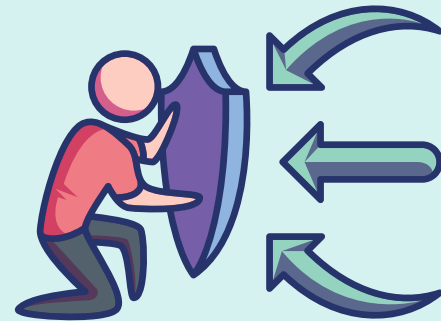
- **Trusting** your abilities
- **Believing** in yourself
- **Valuing** yourself
- **Loving** who you are
- Being **happy** with yourself



Why Confidence Matters

Confidence supports children's mental health by helping them:

- See themselves in a **positive** way
- Build **resilience**
- **Protect** against anxiety and depression
- Form healthy **relationships**
- Develop **independence**



Signs of Low Confidence or Self-Esteem

Look out for:

- **Avoiding** new activities
- **Negative** self-talk or giving up easily
- **Difficulty** accepting compliments
- **Comparing** themselves to others
- Being **withdrawn** or overly **apologetic**
- **Perfectionism**

Everyday Ways to Build Confidence

- Appreciate **effort**, not just results
- Provide specific, positive **feedback**
- Encourage positive **friendships**
- Let them make **choices** within safe boundaries
- Ask for their **opinion** in family matters
- Support **new experiences** and realistic **goals**
- **Model** positive **self-talk** and **resilience**
- Celebrate their unique **strengths**

Handling Mistakes

- Stay **calm** and **avoid shaming** them
- Normalise making mistakes
- Ask: "What can you try differently next time?"
- Share your **own mistakes** and how you bounced back



Supporting Through Change & Transitions

- Being your child's **anchor** through maintaining routine and family activities
- **Validating** their feelings
- Highlighting what will stay the **same** even when other things are changing
- Focusing on **positive** parts of the change

Myths & Facts About Confidence

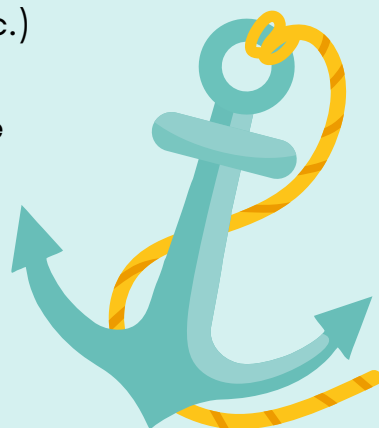
- ✗ Confident people are always outgoing → ✓ Quiet children can be very confident
- ✗ Protecting children from failure builds confidence → ✓ Facing setbacks helps them grow

When to Ask for Help

- **Trust your instincts** if you notice worrying changes
- Watch for **shifts in mood or behaviour** (e.g., sleep, eating, etc.)
- **Talk** with your child **openly**
- Contact your **GP, school, or The Nest if things don't improve**

Keep in Mind

- Confidence takes **time** and **practice**
- Praise **effort**, not perfection
- Allow **challenges** and **mistakes**
- Celebrate **individuality**
- **Model** the confidence you want your child to see



Feedback link: