

Things Parents can do to Help Build Their Child's Confidence. It is that time of year when our kids have been in school long enough to be use to the routine, but also long enough to know that school is not always that fun and exciting place that we tried to convince them of all summer. "Don't worry, you'll love school. It's a great place for you to have fun and make lots of new friends." By this time of year, our kids may be saying or thinking - "They lied to me, school is a place of work and rules. I just want to go home and be with mom." In order to help your child become more confident and adjusted to school, here are a few guidelines and tips you may want to consider.

Help your child build confidence by letting them do things on their own.

For example; cleaning their room, ordering their food at a restaurant, walking into school without your assistance, handling conflicts between their peers, asking for help from their teacher, etc... The more we can put our children into appropriate situations in which they have to handle themselves, the more we increase their self-confidence.

Make your house a safe and predictable place where your child feels secure and confident. Your child needs to know that they can trust that their home is a place to "recharge" after a stressful day. If a child comes home to uncertainties, arguments, and chaos, they to will inherit those traits. Having an adult home when they get home, a predictable dinnertime, homework time, and bedtime, a time to play and be a kid. These are all great things that help your child grow into a strong, secure and confident child.

Encourage your child to take reasonable risk.

I am not suggesting that your child try cliff diving, rather I'm talking about age appropriate activities that may seem a little risky to them: Such as spending the night away from home with a friend. Riding a bike without the training wheels. Climbing a little higher on the monkey bars than they are use to. Again, I'm not suggesting dangerous and unsupervised activities. With a little common sense you can encourage your child to handle stressful situations in such a way that they grow as a person.

Mr. Hutch's Bottom Line – We can't "give" a child self-confidence, however, we can give a child the opportunity to develop self-confidence.