

Building Your Child's Inner Confidence

One of the many things I love about being a counselor is that while I am teaching people how to feel better, I help myself at the same time. When we are helping our children build inner confidence we are helping ourselves as well.

Inner confidence stems from knowing and loving who we are, and who we are not. So much of our confidence can be compromised when we want to be someone or something we are not.

Basic Confidence Building Blocks for your Child

1. Help them to know who they are: what are their strengths and weaknesses? If she is an athlete, support and promote that. Encourage practice and sticking to it. If he is an artist, find ways for him to develop his artistic skills. Perhaps she is a good listener. Perhaps he is funny. Look for your child's unique skills and help to develop those skills.
2. Encourage them to LOVE who they are. First and foremost, God made us *in His image and likeness*. He didn't make us to be cookie cutters of each other, but to be individuals. So we, as teachers and parents, need to encourage our children's individuality and help them accept that perhaps not everyone is a straight A student or a gifted musician, etc.
3. Begin to establish in your child: Who do you want to be? Help with goal setting. With my self knowledge and my self-love, how will I use my unique gifts? What are my dreams? What do I want to accomplish? How will I use my free time? Helping your child set goals will help develop the skills of independence and confidence.
4. Model to your child how to see the good in others. People that have confidence can see the good in others. Encourage your child to see the bright side of situations. People who see the bright side of life generally are happy, confident people. They don't dwell on what is wrong, and they believe in solutions.

Remember, building and keeping confidence is a life-long endeavor.

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The Teaching never stops!