

How to Build Confidence in Young Children

We all want the best for our children and so when it comes to their confidence, we want to help them to be who they are without worrying about it. However, with young children there are always some who are a little shy and if we do not help them to improve their confidence, it could cause problems for them later on in life. So just how do you improve a young child's confidence?

The Best Way to Improve Your Child's Confidence

There are a number of ways in which you can really help to build your child's confidence. One particularly good way of helping to build confidence in your child, is to show them that you believe in them. If for example, your child shows an interest in drawing, even if you do not think they will be the next Picasso, you should still praise them and tell them that their work is great. You do not have to go over the top, but just encourage them to do what they want to do and tell them that you love them frequently.

The way in which you say things to your child can really make all of the difference. Saying something along the lines of "Wow you are a clever girl/boy, that was really difficult and you managed to do it", will really help to build their confidence.

Another good way, in which you can build your child's confidence, is to let them know that they can tell you how they are feeling. A child who can openly talk to their parents about what is on their mind will always feel more confident. Bottling things up can cause a child to become distressed and so it is a lot easier for them to tell you how they are feeling wherever possible.

Overall just being there for your child no matter what and encouraging them to open up to you will help. Praising them and giving them affection will also help to build confidence and they will feel a lot better about themselves as a result.

