



BUILD CONFIDENCE BY EXPRESSING CONFIDENCE

Reassurance and encouragement
can help more than our advice.



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BUILD CONFIDENCE BY TRUSTING



Resist the urge to “rescue” by working with their goals, not yours.



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BUILD CONFIDENCE BY NAMING THE PROBLEM

Frame problems as “us versus it” instead of “me versus you”



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BUILD CONFIDENCE BY REMEMBERING



Memories of past successes can help
kids overcome challenges.



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BUILD CONFIDENCE BY IMAGINING




Playing and practicing can prepare kids
for the real world.



BUILD CONFIDENCE BY COLLABORATING

What ideas does a child have, and what have they tried already?

When you ask a child what they think the next step should be, you show your trust in their ability to work through life's challenges.

**AVOID “SOLVING”
AND LET KIDS
LEAD.** 



It's hard for kids to learn new skills when tired, stressed or lonely. Before teaching confidence, think of other basic needs that you could meet.

**SAFETY FIRST.
CONNECTION
NEXT. *THEN*
CONFIDENCE.** 

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