



PARENT AND CHILD ACTIVITIES

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Building a Confident Adult

To build a confident adult you first start with a innocent child. How you raise your child is often a “road map” to how your child will be as an adult. Discouraging events such as overprotection, focusing on mistakes, expecting too little or even worse expecting too much doesn't give your child encouragement to try new things.

There will always be challenges, uncertainty, problems and even mistakes that effects everyone. It's worse for a child because they don't have the experience or “road map” on how to handle different situations. As their parent and teacher, it's your job to give them the encouragement to handle each different situation. Give your children guidelines or “rules” knowing that they may fail and need to start over again. Value your child for who or what they are, not what you expect of them .

Start by encouraging independence. While learning a new task may seem easy, to your child it can be down right scary. Show your child that you believe in them and things are not always as difficult as it may seem. Your encouragement gives them the strength and confidence they need to try new things. Helping them to problem solve teaches your child to start solving their own problem. As they grow older, the problems get harder, but with your support they can have the self-esteem to learn to solve problems .

Don't forget, show your child how proud you are of them for doing things for themselves even if they need a little help from you. Your encouragement will go a long way in becoming a confident adult.

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