

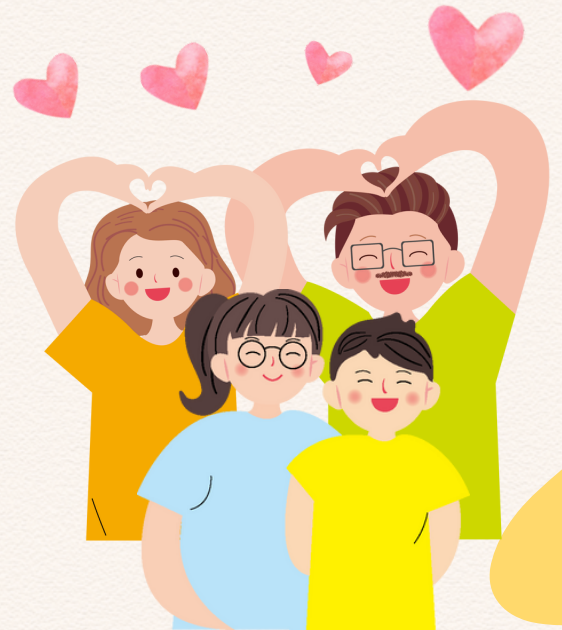
How to build a child's self-confidence

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A positive self-image and confidence are the foundations for children to face adversity and pursue goals in the future.

Here are some tips for building a child's self-confidence; take a look at how many you are doing:

- Wear "glasses" that highlight strengths and advantages, learning to find gems in the gravel, and begin and end each day by observing and discovering little joys and beautiful aspects of life.
- Learn to appreciate yourself, others, and your child's efforts and strengths, expressing affirmation, appreciation, and gratitude through words and actions.
- Learn to look at the good intentions behind the actions of others and children. For example, a "hyperactive" child who bumps into others might be trying to find a way to play. We can reflect on the child's good intention to make friends and teach them appropriate ways to establish kind contacts and relationships.
- When teaching children, frequently refer to their past successful efforts and examples without bringing up past mistakes. This gives the child confidence that they have succeeded before and can do so again.



- Use guiding questions to teach children, allowing them to come up with answers or solutions themselves. For example, we can ask, "When the exam comes next week, how will you plan your study time?" If the child gives good advice, praise them by saying, "You've grown up and know how to arrange things for yourself!" If the suggestion is unrealistic, continue to ask questions to help them think of better solutions. Instead of raising a "well-behaved child," it is better to raise a child who knows how to think and has problem-solving abilities.
- Set appropriate goals for children. For example, instead of telling a child "Don't be lazy," encourage them to "learn to be proactive and positive."
- Use positive language and minimize criticism, for example, saying, "I really like how polite you are when you address others," instead of criticizing the child with "You are so rude!" A child's self-image depends on how we describe them; our words are a mirror of how they evaluate themselves.

In summary, how children perceive themselves and what they will become in the future can be developed through our mindset and perspective. Just like a talent scout who finds and cultivates a great horse, may all parents become "scouts," and your children can become the great horses they aspire to be through your encouragement.

