

Give them responsibilities

Teach them that mistakes are opportunities to grow

Recognise Small Successes

Be a positive role model

## 3 Ideas to build your child's confidence and self esteem

Let your child take reasonable risks to build confidence

Let your child make their own decisions where possible

Ask them for their opinions

Encourage them to help others

Set achievable goals for your child and praise effort in trying to reach them

Encourage your child to be kind to themselves