



Tips for Parents: Confidence

For your children, confidence means their belief that they will succeed at any given task or goal. Children without confidence in their ability to succeed usually don't try because they feel it will just be wasted effort. Not trying leads to failure, and their original belief becomes true. It's a self-fulfilling prophecy.

Because of the way confidence works, it's important that children learn to believe in themselves early.

For information on helping your children build confidence:

Apter, Terri. "The Confident Child: Raising Children to Believe in Themselves." W. W. Norton, 2006.

Leman, Kevin. "Bringing Up Kids Without Tearing Them Down: How To Raise Confident, Successful Children". Nelson Books, 2001.

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