



7 WAYS TO GROW YOUR CHILD'S SELF-CONFIDENCE EVERY DAY



Wise for My Size
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What is self-confidence?

When your child's confidence has been talked about in the past, it was probably to point out that your child hasn't got much.

But what is self-confidence, and how can we encourage our kids to have more of it? In the Wise for My Size World, we define Self-Confidence as:

“Having a push-me-forward belief in yourself that you can accomplish any task, regardless of its size, scale, obstacles, or challenges.”

But how do we do it? How do we develop unwavering self-belief? Here are seven powerful ways to grow your child's self-confidence every day.



1. Encourage your child to speak well of themselves

Let's chat about Self-Talk. That's when you talk to yourself, either out loud or in your head.

Positive self-talk, or 'Shine Talk,' is like sunshine. It makes you happy, confident, and excited. It helps you reach for your big dreams and makes you feel amazing!

Negative self-talk, or 'Shade Talk,' is like a cloud covering the sun. It makes you feel bad about yourself with mean words and put-downs. It stops you from reaching your dreams.

Tell your child to talk to themselves with kindness. Teach them phrases like "I can do it," "I've got this," "I am capable," and "I'll give it my best shot."

Being nice to ourselves is like planting seeds of courage and strength in our minds.



2. Embracing Mistakes:

Making mistakes is totally normal; it happens to everyone. But what matters most is how we handle them.

When we, or our children, mess up, it can feel pretty yucky. We might feel ashamed, guilty, embarrassed, or sad.

Teach your child that mistakes are chances to learn and grow, not reasons to feel like failures. Help them see that it's okay to stumble sometimes because it's all part of learning.

Here's a simple plan for bouncing back from mistakes:

1. Admit it: Own up to what happened.
2. Acknowledge your feelings: It's okay not to feel okay.
3. Apologise: Say sorry to yourself and others.
4. Forgive yourself: Remember, making a mistake doesn't make you a bad person.
5. Let go: Release any bad feelings like shame or sadness.
6. Learn and grow: What can you learn from this? How can you do it differently next time?

Making what we call "Marvellous Mistakes" is part of trying new, tricky, or challenging things. It's like stretching your brain. Instead of feeling down, see what you can learn from these mistakes. You're getting closer to your goals with every try!



3. Thriving in Challenges:

Encourage your child to believe that challenges are invitations to grow stronger and more capable.

Challenges are brain workouts—they make your child stronger, smarter, and super confident! Let them sit with a problem, knowing that they can figure it out if they stay with it. Believe in them until they can believe in themselves.

4. Setting and Achieving Goals:

Guide your child in setting realistic, achievable goals and celebrate each small step they take towards reaching them. Achieving small goals regularly boosts their confidence and reinforces their belief in their own abilities.

Practising not to give up when things get tricky is all part of developing a growth mindset, where your child believes that intelligence and abilities can be developed through enthusiasm and effort.



5. Embracing Personal Power:

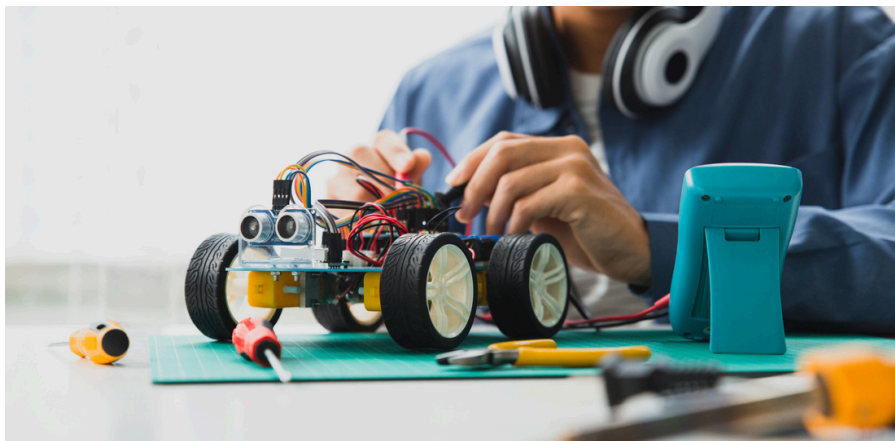
Empower your child to see themselves as powerful individuals rather than victims of events. All events are neutral – neither good nor bad until we decide they are good or bad. Please help your child understand that they have the power to shape their own lives and positively impact the world around them. For example, if chores are a battleground, you could say, “Would you like to spend 5 minutes unloading the dishwasher or 30 minutes moaning about unloading the dishwasher and then unloading it? The choice of where and how to spend your time is yours.”



6. Praising Effort and Growth:

Shift your praise from the achievement and result and instead notice the effort, perseverance, and growth your child demonstrated while working on something.

Celebrate their willingness to try, their resilience in the face of failure, and their curiosity in asking great questions. A useful way to do this is to name what you saw them doing, for example, “I saw you trying really hard with that maths homework; it looked challenging, but you kept going and asked for help when you got stuck.” Or “I’m proud of the way you kept practising that jump on your bike; you put a lot of effort into getting better and better.”



7. Being a role model for your child.

Remember, in the Wise for My Size World, we say self-confidence is having a big, bold belief in yourself—the kind that says, "I can tackle anything, no matter how big or tough!" When you find things challenging, speak kindly to yourself, keep going when it is tricky, and talk to them about what you are finding hard and the benefits you are getting from doing it anyway.

You're their ultimate role model!

Building self-confidence in your child is a journey that requires patience, encouragement, and a belief in their potential. By instilling in them a positive mindset, resilience in the face of challenges, and a deep sense of self-worth, you equip them with the tools they need to thrive in life.

Embrace this journey with love, support, and unwavering belief in your child's ability to shine.



Meet Lorna and Jac

Lorna Davies and Jac McGill, the innovative founders of The Wise for my Size children's coaching method, are passionate advocates for children's mental health and well-being. Drawing on their diverse backgrounds, with Lorna's expertise in children's occupational therapy and Jac's educational insights, they identified a crucial need for redefining how society addresses children's mental health.

Frustrated by the prevailing wait-and-see approach and the lack of resources to support children during critical developmental stages, Lorna and Jac envisioned a future where proactive measures to nurture mental strength, emotional intelligence, and resilience were the norm.

Motivated by their commitment to impact children's lives positively, they embarked on a mission to transform the landscape of children's mental health using innovative approaches. Through the power of storytelling, life coaching techniques, curiosity, and the power of play, they sought to provide children with the skills to face life's challenges with confidence and resilience.

Their shared vision led to the development of the Wise for My Size Children's Coaching program and Library of Books.

With this pioneering initiative, Lorna and Jac have realised their dream, empowering children with essential life skills to thrive.



Best wishes.
Lorna and Jac



Save you spot
at
5 secrets to
coaching children
Workshop

