

*BUILDING
CONFIDENCE IN
YOUR CHILD*
Guide

**A Practical Guide for Parents
MG Global Coaching Academy**



Building Confidence in Your Child

WHY CONFIDENCE MATTERS FOR CHILDREN

Confidence is the foundation of a child's success, happiness, and resilience.

A confident child is more willing to try new things, handle challenges, and trust their abilities. As a parent, you play a vital role in building their self-belief.

SIGNS OF LOW CONFIDENCE IN CHILDREN

Children who struggle with confidence may not always express it directly.

Look for these signs:

- Avoiding challenges or giving up easily.
- Fear of making mistakes or needing constant reassurance.
- Negative self-talk: "I'm not good enough," "I can't do this."
- Comparing themselves to others or feeling like they are "not as good."
- Being overly critical of their abilities or dismissing their achievements.

HOW TO BUILD CONFIDENCE IN YOUR CHILD

1 ENCOURAGE A GROWTH MINDSET

Teach them that mistakes are part of learning:

- "Mistakes help your brain grow! What can we learn from this?"
- "You can't do it *yet*but with practice, you will!"

2 PRAISE EFFORT, NOT JUST OUTCOMES

Focus on what they did, not just the result:

- "I love how hard you worked on that!"
- "You kept trying, even when it was tough that's real strength."

3 LET THEM MAKE DECISIONS

Confidence grows when children feel capable:

- Give them choices, even small ones ("Do you want to wear the blue or red shirt?").
- Encourage them to solve problems: "What do you think we should try next?"

CONFIDENCE-BOOSTING ACTIVITIES

- DAILY AFFIRMATIONS

Help your child create a habit of positive self-talk.

- THE BRAVERY JAR

Every time they do something brave, add a note to the jar.

- TRY SOMETHING NEW CHALLENGE

Encourage them to try a new activity or skill.

- ENCOURAGE INDEPENDENCE

Let them take small responsibilities to build self-trust.

WHEN TO SEEK ADDITIONAL SUPPORT

If your child consistently struggles with self-worth, avoids social situations, or fears failure, they may need extra guidance. Coaching, mentoring, or child-focused programs can provide additional confidence-building tools.

FINAL WORDS OF ENCOURAGEMENT

Your child's confidence starts with the belief that they are valued, capable, and loved. The way you see them helps shape the way they see themselves. If you need further guidance, MG Global Coaching Academy is here to support you