Children with a high sense of confidence believe they can make strong decisions and are less likely to follow others down the wrong path. The challenge is in how to bolster children’s sense of trust in themselves without offering too much praise which can make the child self absorbed or overly anxious to please authority figures.

**Praise specific things**

Praise the behavior you want to see repeated, such as ‘nice listening’ or ‘thanks for doing what I asked right away’. Children are more likely to comply in the future. But if children are told they’re smart in general they may be afraid of failing or hesitant to take up new activities.

It is important to praise specific things and to encourage children without diluting the meaning of praise. Thanking children for playing well with others, for being considerate and for sharing; being specific about what you are proud of versus saying ‘good job’ every time they finish a meal or climb a ladder on the jungle gym is important in building a child’s self confidence.

Help children feel good about themselves by asking them questions such as ‘how do you feel about the picture you drew?’ or ‘it looks like you are really proud of how you played today.’ These questions make them look to themselves and that is invaluable.

**Talk Them Through Things**

Echoing what your child says or does