

# CARING FOR KIDS



Matthew Paterson Elementary School



## 12 Tips for Raising Confident Kids

Here are 12 ways you can set kids up to feel capable and get the most mileage out of their skills and talents.

### 1. Model confidence yourself.

Seeing you tackle new tasks with optimism and lots of preparation sets a good example for kids. You don't have to pretend to be perfect. Do acknowledge your anxiety, but don't focus on it—focus on the positive things you are doing to get ready.

### 2. Don't get upset about mistakes.

Help kids see that everyone makes mistakes and the important thing is to learn from them, not dwell on them. Confident people don't let fear of failure get in their way—not because they're sure they won't ever fail, but because they know how to take setbacks in stride.

### 3. Encourage them to try new things.

Instead of focusing all their energy on what they already excel at, it's good for kids to diversify. Attaining new skills makes kids feel capable and confident that they can tackle whatever comes their way.

**4. Allow kids to fail.** It's natural to want to protect your child from failure, but trial and error is how kids learn, and falling short on a goal helps kids find out that it's not fatal. It can also spur kids to greater effort, which will serve them well as adults.

**5. Praise perseverance.** Learning not to give up at the first frustration or bail after one setback is an important life skill. Confidence isn't about succeeding at everything all the time, it's about being resilient enough to keep trying, and not being distressed if you're not the best.

### 6. Help kids find their passion.

Exploring their own interests can help kids develop a sense of identity, which is essential to building confidence. Of course, seeing their talents grow will also give a huge boost to their self-esteem.

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**7. Set goals.** Articulating goals, large and small, and achieving them makes kids feel strong. Help your child turn desires and dreams into actionable goals by encouraging her to make a list of things she'd like to accomplish. Then, practice breaking down longer-term goals into realistic benchmarks. You'll be validating her interests and helping her learn the skills she'll need to attain her goals throughout life.

**8. Celebrate effort.** Praising kids for their accomplishments is great, but it's also important to let them know you're proud of their efforts regardless of the outcome. It takes

hard work to develop new skills, and results aren't always immediate. Let kids know you value the work they're doing.

**9. Expect them to pitch in.** They might complain, but kids feel more connected and valued when they're counted on to do age-appropriate jobs, from picking up toys to doing dishes. Homework and after-school activities are great, but being needed by your family is invaluable.

**10. Embrace imperfection.** As grown-ups we know perfection is unrealistic, and it's important for kids to get that message as early as possible. Help kids see that that being less than perfect is human and totally okay.

**11. Set them up for success.** Challenges are good for kids, but they should also have opportunities where they can be sure to find success. Help your child get involved with activities that make him/her feel comfortable and confident enough to tackle a bigger challenge.

**12. Show your love.** Let your children know you love them no matter what. Win or lose the big game, good grades or bad. Even when you're mad at them. Making sure your children know that you think they're great — and not just when they do great things — will help them see their worth even when they are not feeling good about themselves.

*Childmind.org*



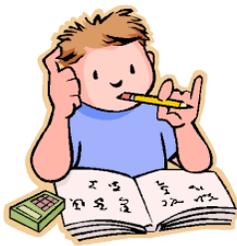
### Take charge!

Children crave limits, which help them understand and manage an often confusing world. Show your love by setting boundaries so your kids can explore and discover their passions safely.

Enforcing limits is really about teaching kids how to behave in the world and helping them to become competent, caring, and in control.

*Parent's Magazine*

## How Can I Help My Child with Homework?



Here are some ways to provide support to students as they complete their homework.

### Show an Interest

Ask your children about today's assignments, review their planner and allow them to explain what needs to be done. This gives them ownership of their tasks and indicates that homework is important.

### Create a Schedule

Include time limits if that is helpful, e.g. 10 minutes for spelling, 15 minutes for math. Some students prefer to start with the easier tasks and others want to get the hardest one done first. Discuss with your children what works best for them.

### Offer Support

Parents can listen as children share their ideas or read a book aloud. Ask your children questions or provide strategies such as reread the question, look at the examples given, or review the text, rather than give them the answer. This teaches students they can figure things out themselves!

*Educator Resources*

## Parent Teacher Communication

- ★ Find out from the teacher the best way to contact her. Does he or she prefer email, notes in your youngster's backpack, or phone calls?
- ★ Sign and return items as soon as possible. Your signature on a graded test or reading log communicates to the teacher that you're interested in how your child is doing.
- ★ Your child's life at home can have a big impact on his life in school. Let the teacher know about any changes at home such as a new custody arrangement or a parent's military deployment.

Regular communication goes a long way to promoting student success.

*Educator Resources*



### Quote of the month

"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind."

*Henry James*

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