

Confidence – a few thoughts

- Confidence is the best gift you can give to a child. Only one problem – it *can't* be given!
- Confidence can be coached however. Usually it is a case of setting up something and then intervening as little as possible.
- Confidence comes from 'doing' not 'thinking'.
- Confidence often comes from knowing the boundaries. However, sometimes we hold on to our children too tightly. I often find myself drawn back to the 'lazy parents, happy children' concept. Originated in this [online article, written in 2008 by Tom Hodgkinson](#) from which the whole idea has developed. I don't necessarily agree with all the 'extremity' of Tom's views but it's a provocative topic to consider. I do believe that the less we manage our children the better/easier 'self-managers' they become. And generally happier and more 'individual'. And feeling that they have an appropriate bit of control on decisions about their lives.
- If your child wants to cook then find the worst cook in the house to cook with them – if you give your child the best cook then you are replicating the KS2 teacher/child relationship. Not healthy at home.
- Avoid making comparisons yourself but acknowledge any comparisons that your child makes. Dismissing their comparisons encourages them to share with others or repeat to themselves. Encourage your child to compare themselves to themselves; how they were yesterday, today and could be tomorrow.
- Encourage and provide opportunities for your child to experiment with different activities: beyond sport and obvious choices lie magic, crafts, cooking etc. Weak students often make great teachers. Allow your child to teach you. Talk less, listen more.
- Activities that have an end product are great for confidence. If your child is often starting an activity and not reaching that end target then try and simplify the activity. If your child enjoys an activity then be flexible enough to allow as much time as possible for the activity.
- Posture and confidence are directly linked. Don't tell your child to 'sit up straight' but maybe point out the posture of suitable role models – James Bond, pop stars etc.
- Parents should be parents, teachers should be teachers. Don't allow your child's school to recruit you as a teacher.