How to build confidence in our children

Confidence improves through building on small successes.

Parents, carers (and teaching staff) can help by:

- explaining to children that skills develop with practice
- encouraging children to persist when they don’t succeed straight away
- praising effort, persistence and improvement
- making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
- being ready to help when necessary, without taking over.

Encouraging children to have a go and valuing individual improvement supports children’s confidence