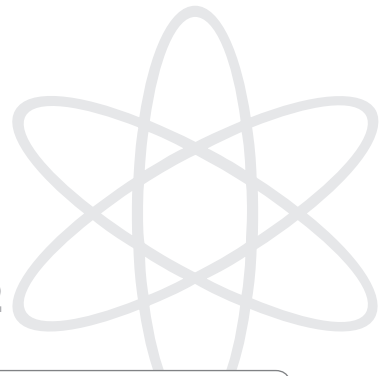


# 'Building my child's confidence' handout 1 of 2



## Think

What is confidence?

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What can I do to develop my child's confidence?

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What has confidence got to do with stammering?

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## How to build my child's confidence

(Based on Faber & Mazlish, 1980)

### 1 Notice the good stuff!

Start to look out for something your child has done well or for something about his character you can praise. It doesn't have to be big – noticing the small things is a very good habit.

### 2 Comment on the good stuff

Show your child you have noticed by talking about it:

*'I see you have put all your cars away.'*

*'You have coloured this in very well, keeping inside the lines and using lots of different colours.'*

*'I spy a clean plate – you have eaten all your food, every single bit.'*

*'When your sister fell over you helped her get up and looked after her.'*

## Building my child's confidence 2 of 2

### 3 Give your child a positive label for it

This will help him store up a list of positive things about himself in his head, developing his self-image: 'My strong points...'

*'I can see you have put all your cars away. You are very helpful.'*

*'You have coloured this in very well. That was very careful and artistic of you.'*

*'I spy a clean plate... You have been very sensible and helpful.'*

*'When your sister... That was a very kind thing to do.'*

### 4 Watch out that you don't take the praise away again

It can be tempting to follow up praise with a sting in the tail! For example:

*'Well done for putting your own socks on, that was really grown up of you. Why can't you do that every morning?'*

This is giving praise with one hand and taking it away with the other.

### 5 Make sure that your praise is sincere

If a child realises that you don't mean what you say, your praise is wasted, so try to keep it accurate and truthful.

### 6 Think about how you handle praise

What did you say when someone last praised you?

*'I really like what you're wearing.'*




*'Oh, I just grabbed the first thing that came to hand.'*

How did that make the praiser feel?

What could you have said instead?

Are you giving your child a good model for how to give and receive praise?

## Building confidence

-  Notice something good
-  Describe what you have noticed
-  Give the child a word or phrase to add to his list of 'My strong points'