

Confidence and motivation

Building confidence and motivation in children is one of the most impactful roles parents and caregivers can play in their child's development. Confidence is the belief in one's abilities, while motivation drives the effort to pursue goals, even in the face of challenges. These qualities, when nurtured from an early age, help children develop resilience, a positive self-image, and the courage to take on new challenges. Parents can create an environment where their children feel supported by offering consistent encouragement, praising effort over outcomes, and helping them set achievable goals. When children feel confident in their abilities, they are more likely to be motivated to try new things and persevere through setbacks. By fostering both confidence and motivation, we can equip young people with the tools to face life's challenges with self-assurance and a growth-oriented mindset, laying the groundwork for long-term personal and academic success.

Empower confidence and motivation using these strategies:

- 1. Praise effort, not just outcomes**
Focus on praising the effort your child puts in rather than the result to emphasise the value of hard work and persistence.
- 2. Set achievable goals:**
Help your child set small, realistic goals that they can accomplish, and celebrate their progress along the way.
- 3. Encourage problem-solving:**
Instead of solving problems for them, encourage your child to think of solutions, fostering independence and confidence in their abilities.
- 4. Allow for mistakes:**
Teach your child that mistakes are part of learning by normalising setbacks and focusing on what can be learned from them.
- 5. Provide opportunities for success:**
Give your child tasks or responsibilities that are within their capabilities so they can experience the satisfaction of accomplishment.
- 6. Encourage autonomy:**
Allow your child to make age-appropriate decisions to build independence and boost their self-esteem.
- 7. Teach a growth mindset:**
Help your child understand that abilities can be developed through hard work, practice, and learning from challenges.
- 8. Celebrate progress, not perfection:**
Focus on the steps they take and improvements they make, rather than expecting perfect results, to encourage continued effort.
- 9. Use positive affirmations:**
Teach children to use positive self-talk to reinforce their self-confidence and resilience in challenging situations.
- 10. Support their interests:**
Encourage children to pursue activities they enjoy, as being passionate about something often fuels motivation and confidence.