



4 Ways to Quickly Boost Your Child's Confidence

1

Set Up Responsibilities at Home

Provide your child with chores around the home. If your child has an interest in cooking, chores such as setting the table or cooking together can be helpful and rewarding. Responsibilities around the home can give your kids a sense of productivity, usefulness, success, and confidence.

2

Give Genuine Compliments and Encouragement

Compliments and praise should not be overused, but instead, at times when it matters. Overpraising or over complimenting your child when they are not even trying can lower the bar and create unrealistic standards. When giving genuine compliments, make it specific and avoid making false statements. If your child is not a great pianist, focus on aspects that you value such as their perseverance or work ethic instead.

3

Allow Your Child to Work Through Challenges

Your child at one point or another will come across a rough patch where you will feel the urge to help solve their problems or remove challenges. However, you may be hurting their opportunities to problem-solve and cope with issues when you become a "helicopter or lawnmower parent"—A parent ready to rescue or mow down any challenges for their child. Allowing your kid to make decisions, using their best judgment to work through those healthy challenges, will help build self-confidence in the future.

4

Enroll Your Child in Martial Arts

Martial Arts is a great outlet to help your child build their confidence. Classes are structured to help children train in martial arts AND boost children's self-confidence, self-esteem, discipline, and much much more through team-building exercises, making new friend, obstacle courses, drills and challenges.



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