



# TO THE POINTE

PARENTING EDITION / SUMMIT POINTE - NUMBER 7

## Marching into Confidence!

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Growing up in today's world can be very difficult and often times uncertain. Parents can often overlook that there are some pretty big differences in growing up in today's world versus when we were children ourselves. There are increased pressures put on our youth today that did not exist when we were children such as social media and the never ending access to technology. Our kids do not get the luxury of leaving school at school and home at home. (Cell phones make this impossible.) Pressure comes at them from all angles and often times without appropriate supervision that stress happens 24 hours a day and 7 days a week. There is an importance of teaching our children to unplug from the technology world and plug into building their own self-confidence in ways that produce a mindset of growth. Here are some effective ways to help our children build self-confidence through our daily interactions with them.

- Encourage your children to try new things, help them to find areas of passion and challenge. (Support them when they try something new.)
- Set goals, try using a short time frame to begin with.
- Demonstrate that your love is unconditional-the way that we see our children greatly impacts the way that they see themselves.
- Practice positive self-talk with your children. "I can

do whatever I put my time and energy too.", "I am worthy", "I am loved" and "I am capable."

- Demonstrate self-confidence to your children, this can be done by avoiding self-criticism, and use of positive self-talk as well.
- Praise, praise, praise, your child and do it right away! Use phrases such "Great job!", "Thank you for...", "Way to go!"
- Focus on them as an amazingly unique individual. Comparing our children to other children teaches and re-enforces a mindset of not being good enough.
- Make mistakes a normal part of life. We grow from learning about those things that we do not already know about and often times this is through a mistake. Reduce their fear of failure and find areas of strength when short-comings happen.
- Talk about and express feelings. Teach them that talking about their feelings a normal and healthy part of growing up.

Our children often do not learn about true self-confidence from their peer group. It is important that we teach them what it means to be truly confident in yourself and your abilities. We are and will continue to be our children's biggest fan and greatest teacher.

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# MORE WAYS TO SAY 'GOOD JOB'

## Say this instead...

### **Instead of saying 'good job' when kids do well on tests/exams, you can say:**

1. You worked really hard to understand the material. Your hard work and effort paid off.
2. Look at that! You spent a lot of time studying and your test score shows it.
3. Wow! You got 'X' questions out of 'X' correctly. How did you do that?
4. Your grade improved compared to your last test score. What strategies did you use this time?
5. Wow! You answered all the questions correctly. How does that make you feel?

### **Instead of saying 'good job' when kids don't give up, you can say:**

1. You didn't give up. What made you keep going?
2. I can tell you really wanted to \_\_\_\_\_. You kept trying different strategies until you found one that worked.
3. Wow! That took a lot of time and effort, and you still never gave up.
4. You did it!
5. You really challenged yourself and got the job done!

### **Instead of saying 'good job' when kids excel at sports :**

1. Your practice is paying off. You're getting better at \_\_\_\_ (name something specific i.e. dribbling, passing, hitting the ball, etc.)
2. You scored and helped your team win
3. Your teammates were all cheering for you. How did that make you feel?
4. Congratulations! You did what the coach asked you to do and really helped your team out.
5. You were determined and kept trying until you scored. What did you think when you scored?

### **Instead of saying 'good job' when kids try hard and still fail, you can say:**

1. I see that you really want to get this right. What else can you try?
2. OK, what are we missing? What's another strategy we can try?
3. Who else might be able to help you solve this problem? Should we talk to \_\_\_\_\_ (i.e. the teacher, the coach, parent, etc.)
4. You really want to figure this out. Is there another way we can look at this problem?
5. You're really challenging yourself. Can you think of another way to do this?

### **Instead of saying 'good job' when a child shows off a piece of work, you can say:**

1. Look at that! I can tell you put a lot of work in it.
2. Tell me about what you did.
3. Show me more.
4. Wow! How did you do that?
5. That looks like it took a lot of effort!