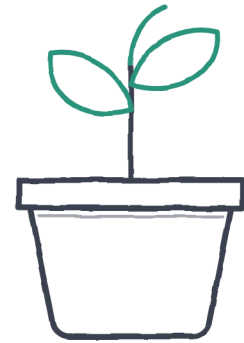


FACT SHEET • PRIMARY

Helping Your Child Build Confidence

Confidence doesn't come from being told "you're brilliant". It comes from doing something challenging and making progress at it. A primary-aged child builds a real sense of their own ability slowly, through genuine attempts, setbacks and small wins along the way. These five habits build the real thing.



TIP 1

Let them struggle a bit

Resist stepping in the moment something gets hard. A few minutes of your child wrestling with a shoelace or a maths problem teaches more than a quick rescue ever will.

TIP 2

Praise the effort, not the result

Instead of "you're so clever", try "you kept going even when it was tricky". It points your child back to what they actually did, which they can do again.

TIP 3

Let them choose sometimes

Small real choices, such as which top to wear or what order to do homework in, give your child practice at deciding things and living with the result, which builds trust in their own judgement.

TIP 4

Notice out loud what improved

Point out a specific change: "you managed that whole page without asking for help" is worth more than a general "well done" because your child can see the progress for themselves.

TIP 5

Let failure be ordinary

How you react to a wobbly bike ride or a low mark matters as much as the result itself. Stay matter-of-fact and your child learns that getting things wrong is normal, not a disaster.