



CONFIDENCE

Develop your child's Self-Confidence and unleash their incredible potential.

The process of raising children can be so daunting.

How can we simplify such a complex area of life to ensure that parents can truly help their children develop their incredible human potential?

I mean, isn't that a little ambitious, to think that you with all of your own imperfections and defects, you whose potential is sadly under-developed (possibly) could ever help another person fully develop their potential?

Well, ambitious maybe. But what's wrong with that? Who wants to lack ambition?

But your own imperfections and under-developed potential does not stop you from enabling your children to develop their potential.

Isn't that GREAT NEWS?

I want to help you to simplify how you look at the way you raise your child, so you can maximize their opportunities.

This will consist of 3 things:

1. Develop your philosophy of child-raising.
2. Look at life from your child's point of view.
3. Make your actions consistent with your philosophy.

So let's look at those individually.

1. Develop your Philosophy of child-raising.

It should be one statement that describes your thinking on what child-raising is. It helps to think about what your goal is in being a parent.

Ok, so if the goal is to raise confident children, then your philosophy will be that children need to possess healthy self-confidence in order to develop their potential.

2. Look at life from your child's point of view.

The reason you want to do this is that we adults have had the 'child' beaten out of us (sometimes literally). We forget what it is like to be physically, emotionally and socially immature. We forget that children don't have the big picture. And sadly, we forget to realize how much they are counting on us.

So try to step back and see the world, your home, school, their friends and everything from your child's point of view. Now I don't mean that you need to make excuses for poor behaviour, but you do need to understand where the behaviours and habits are coming from and take some responsibility as the only person in the picture who is supposed to be mature, and go to where your

child is at. Your motivation, as I said is not to make excuses, but rather to help them take the steps they need to take, starting from where they are at, rather than where you think they should be.

3. Then keep your philosophy of building their confidence in the front of your mind and decide purposely what your actions will be to support building that confidence, taking into account where they are at, at the time.

Parents, it really is that simple.

So what do you actually do?

Come from a place of 'How can I make sure that every interaction I have with my child lead to him/her building self-confidence?'

Then children would begin to blossom and family life would be a lot easier for parents as a result, too.

So, from now on why not evaluate your interactions with your child in terms of

- Did I just build my child's confidence?
- Did I just destroy my child's confidence?

This is how you can be sure that your actions and your thoughts are aligned with outcomes that you really want rather than feeling like it's all too complex and too hard.

Don't abandon the possibilities for your child. Remember your role in helping them to discover and develop their true human potential.

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