

EMPOWERING YOUR CHILD

1. **Shift responsibility to your child in age appropriate ways.**
"Never do anything for a child that s/he can do for himself."

Choose one thing you have been doing that your child can do.

2. **Taking on responsibility leads to self-efficacy.**
Responsibilities and clear expectations are critical to the development of self and self-confidence.

Choose one small job your child can do with little help from you.

3. **Confidence is variable from day to day, year to year and situation to situation.**

We all thrive when someone points out the things we do right and the effort we put in along the way.

When is my child confident? _____

When does my child seem less confident? _____

4. **Accept your child for the person s/he is becoming.**
Accepting what a child brings to the world will increase his/her confidence immeasurably.

Words that describe your child: _____

My child loves _____

5. **There are several critical components to building confidence and self-efficacy.**

Confidence comes from accomplishment, honestly earned, not from winning all the time or having things turn out right.

I could point out these accomplishments to my child: _____

6. Empowering your child to take on responsibility is not always easy, but it is worth the investment .

Self-efficacy can reduce worry and stress while increasing empathy for the challenges of others.

One area my child could take control over: _____

7. Observe your child to discover what makes him tick and to find any and all positive behaviors (and attitudes) you can.

My child does the following things really well:

8. Teach your child exactly what you expect and assume success. Resist the impulse to remake the bed!

One thing I plan to teach my child: _____

9. Teaching skills may take repetition and patience, but you can do it in many interactive ways.

"Do as I say, not as I do" doesn't work.

Above all, we need to model the behaviors we want in our children.

10. Resist the urge to solve all the problems yourself. Honor your child's ideas!

Use tricky situations to ask your child what s/he would do to improve things.

11. Accept yourself. You are important, too!
Parenting is a messy process!

12. Accept others....
But resist the temptation to listen to others - even well-meaning friends, neighbors and, gulp, family!