

Boosting teenagers

- 25 Don't 'impose' your opinions. Be interested in their different ideas, even if you don't agree. If you respect your children's views, they will be more likely to respect yours.
- 26 Young people need space and time alone so allow your teenager to have their privacy....
- 27 ... but do remember that adolescence is an emotional rollercoaster. If a teenager seems to be spending too much time alone in their room, they may be depressed or stressed. Encourage them to talk about their worries.
- 28 Talk with your adolescent about personal safety, like how to say "No" to anyone who suggests abusive or unsafe behaviour. Teach them about internet safety.
- 29 Let them know that if they get into trouble or tricky situations you will support them doing what's best.
- 30 Let your young person know that you are interested and available whenever they need you. No matter how independent they may seem, adolescents still need their parents' support and understanding.

Finally, how do you rate your confidence as a parent?

Remind yourself each day of all the things you have done for your family and give yourself a big pat on the back!

For more parenting information and support:

Parentline ACT	(02) 6287 3833
Parentline NSW	1300 130 052
Parentline NT	1300 301 300
Parentline QLD	1300 301 300
Parent Helpline SA	1300 364 100
Parenting Line TAS	1300 808 179
Parentline VIC	13 22 89
Parenting Line WA	(08) 9368 9368 (metro) 1800 111 546 (regional)

Parenting lines provide a telephone service providing information and good ideas about caring for babies and children.

Content consultants:

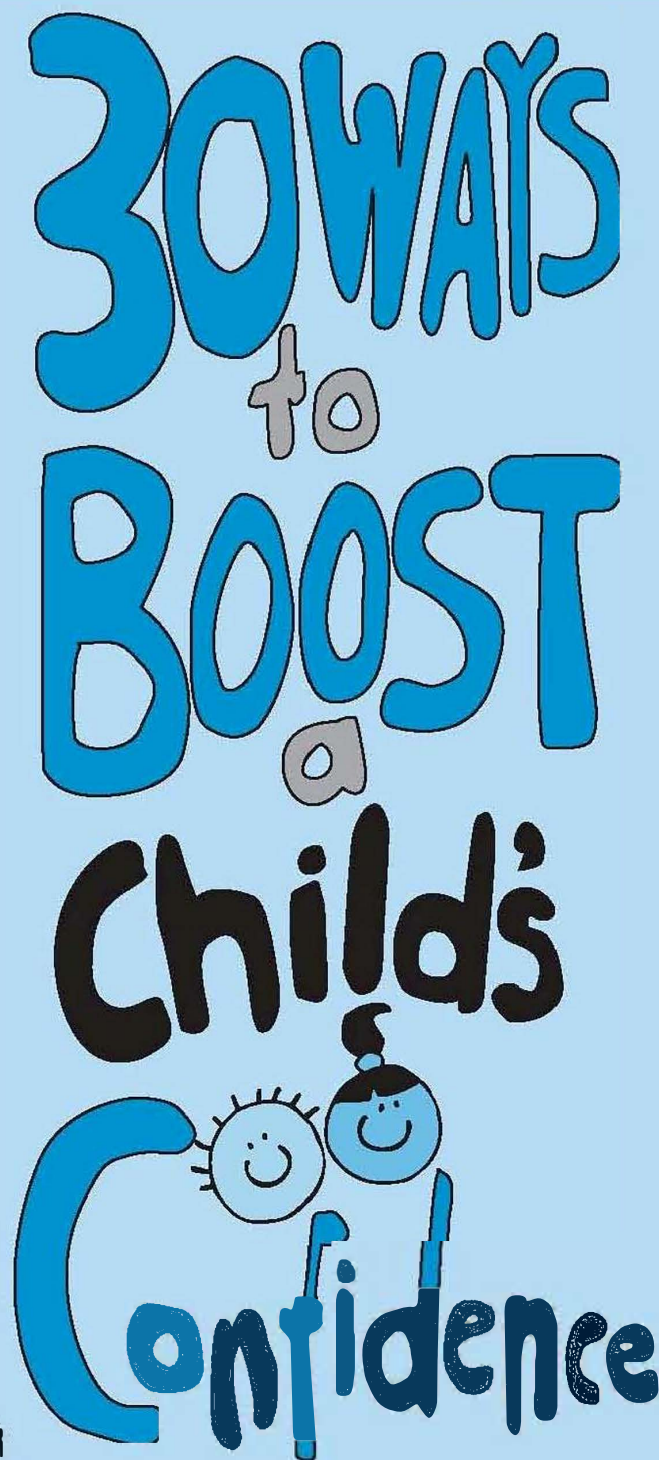
Gillian Lee (Clinical Psychologist)
Dr Sue Packer AM (Paediatrician)

NAPCAN is an independent charity and the leading advocacy body for prevention of child abuse and neglect.

www.napcan.org.au

NAPCAN
PREVENTING CHILD ABUSE

30 WAYS TO BOOST A CHILD'S CONFIDENCE

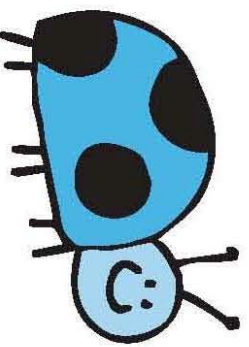


30 ways to boost a child's confidence

From the day they are born, children learn by watching and copying adults. They need parents to spend time with them, give them lots of encouragement, and show them how to be confident but fair. Spending time with children can remind us how to enjoy the simple pleasures of life again! Many of these tips are useful with children of all ages ... and even adults!

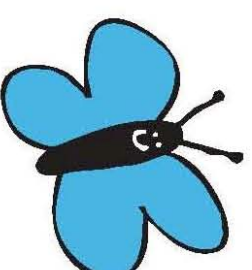
Boosting babies and toddlers

- 1 Give your baby lots of kisses and cuddles.
- 2 Smile and talk to them from day one.
- 3 Tell them you love them often.
- 4 Show pleasure at how your baby is developing. What can they do today that they couldn't last week?
- 5 Don't expect too much too soon. Look at a book on how babies generally develop - but remember that all babies are different!



Boosting pre-schoolers

- 6 Play with your child as much as you can. Getting down and dirty with kids can be fun!
- 7 Act out favourite stories with them. Children learn to speak more confidently through play-acting.
- 8 Take time to listen to your children. Let them try to explain what they mean before interrupting or correcting them.
- 9 Encourage children to try out new skills. Let them experiment doing things their own way.
- 10 Talk kids through the steps of doing something new, rather than doing it for them.
- 11 Try to 'catch' children behaving well. Instead of just saying "Well done!" tell them exactly what you liked about their behaviour. This will give them confidence to do it again.
- 12 When your child misbehaves, make it clear how. Let them know it's just the behaviour that needs to change but they are still OK.
- 13 Help young children to be proud of their work. For example, putting their artwork on the fridge.
- 14 Allow them to make simple choices about which clothes to wear: "This top or that?"
- 15 Share daily activities like clearing the table or sorting the washing. Small children like pairing up socks.
- 16 Try to be consistent. Children become more confident when they know what to expect and see adults following their own rules.



- 17 Routines help children feel safe and secure. Try to keep regular times for meals and bedtime.
- 18 Encourage your child to play with others but don't force them to join in. Let them watch with you until they feel more confident.
- 19 To help children relax before sleeping, take it in turns to remember something happy that happened during the day.

Boosting school children

- 20 Spend time talking together about everyday things. Have family meals together – without the TV on!
- 21 Everyone benefits from outdoor activities like swimming, bike riding or bush walks. Exercise helps us all to stay positive and healthy.
- 22 Children's self-respect grows when parents watch them perform. Try to make time to go to school sports matches and concerts.
- 23 Encourage children to see that mistakes and awkward moments are just part of growing up. Help them to work out what went wrong and how to put things right, like apologising.
- 24 Avoid arguing with your partner in front of the children. Choosing which parent to side with is upsetting and undermines children's confidence.