

Supporting Self-Confidence

Think about the examples from the module that are listed below. Do you see these examples with your children? Are there other times where you can support building your child's self-confidence? Add additional examples under each section.

FOCUSING ATTENTION

- **Example:** Completing tasks that are started
 - **How you can support your child:** Give two and three step directions: "After you eat, take out the trash and then feed the dogs."

- **Example:** Hearing and completing directions
 - **How you can support your child:** Repeat directions or ask the child to repeat what you said: "Help your brother with his homework, then do the dishes. Can you tell me what I just said?"

- **Example:**
 - **How you can support your child:**

MEMORY

- **Example:** Remembering to bring a lunch to/from school
 - **How you can support your child:** Remind your child before bed and when they wake up. Leave a reminder note at their place at the table.

- **Example:** Remembering to have a parent sign a permission slip
 - **How you can support your child:** Ask your child about their day: “Is there anything you were supposed to do for school tomorrow?”

- **Example:**
 - **How you can support your child:**

SELF-CONTROL OR SELF-REGULATION

- **Example:** Sitting still at a restaurant
 - **How you can support your child:** Talk to your child before you leave and tell them what you expect them to do. Maybe tell them to bring a book to read or a small toy to play with to keep busy.

- **Example:** Getting angry when told to stop watching television or playing a video game
 - **How you can support your child:**
 - Set rules about television during the week and on the weekends and through with the rules: “You can play your game when all of your homework is done and the dishes are washed after dinner.”
 - When your child gets angry, describe their feeling and what they can do to calm down: “You are very mad. Maybe you need to be alone for a little bit. You can sit on the couch until you feel better.”

- **Example:**
 - **How you can support your child:**