Self-Confidence in Children

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Abstract

Before talking about self-confidence for children we need first talk about the definition of self-confidence than later for self-confidence for children.

Definition:

Self-confidence is having trust in one's self believing in own ability in a specific task, specifically trust in own ability to achieve some goal. As per psychologist ALBERT BANDURA has defined as *belief in one's ability to succeed in specific situation or accomplish a task *

Definition of self-confidence for children:

In children self-confidence emerges differently than adults. FENTON suggested that, only children as a group are more self-confident than other children ZIRMMERMAM claimed that if children are self-confident, they can learn, they are more likely to scarify immediate recreational time for possible rewards in the future.

Procedural definition:

Self-confidence for children is * parents*your belief in your child ability to do something in a particular situation. When we talk about children self-confidence effectively, we are talking about parents. So, self-confidence for children means the parents belief in them because they are who will build and raise their child self-confidence. How parents can Impact in their children? How parents contribute to build self-confidence for their children? Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs, and habits, formal education is commonly divided formally into such stages as preschool or kindergarten, and others. First educators are the parents, or we can say, are the family, which is the basic unit in society traditionally consisting of two parents raising their children. So, the education is especially important to build personality of your children, whereby parents are responsible their children in a manner that they shall never part when they grow up, good teaching, when they are young. This is the basic to raise the good children and build their self-confidence. Self-confidence is Important to build your child's personality, and it plays an especially important role in a person's life, as it is what determines the success or failure of the individual. In this context, we need to gauge self-confidence for children. To measure self-confidence for children, we have just chosen kids for two groups for the competition, in the final we have one winner group and lose group. While we discuss with both groups, we find out reason for win group at the competition and why others fail? This question pushes us to check how the life for the participant kids of the competition. In our lives we make many decisions that affect our life, this effect is the result of taking our decisions. If the decisions are correct, then we have achieved success and progress in our lives or in any field, but if the decisions were wrong, then they produce problems that lead us back or to the starting point. So, we find out that the decision plays a special role in our life which can make us successes or back to the starting point. In all spheres of life, to make any decisions, we must be grateful confident of ourselves to advance and reach the goals. To be confident in ourselves, there are many points which help us to build self-confidence for our children. You need to trust in your child ability, which is making him confident, and when you trust, that it means you do the right thing. Also, that means you are not afraid to do a mistake and learn from those mistakes. People with high degree in self-confidence, often have great success that means if your child has success, he has self-confidence in him/herself. The great news is that self-confidence can be learned, just like other skill. There is a lot you can do to build it up:

- First learn to think positively

- Set goals

- Celebrate achievement

- Identify strengths

- Spend a few minutes a week enjoying the success you already had.

- These are the ways how to build your self-confidence.

There are some points to raise self-confidence for children

1. Learn to apologize to your child; there is no wrong in apologizing to them, that makes the relation between both of you stronger

2. Always Praise your child in front of others

3. Make your child like a star among his peers

4. Encourage your child to read books

5. Praise your child work and achievement

6. Always let them know how much you love them

7. Teach your child how to express their feelings, opinion, themselves and their ambitions

8. Teach your child the emergency number

9. Teach them they can do hard things

10. Give them some responsibilities, like simple cooking tasks

11. The importance to work with team, that makes your child more confident and lovely from the group

12. Spend time with them, do not let nanny only takes care of your child

13. You must believe in your child that he/she can do

14. Put some of your perfume which can makes your child remembering your supporting while he/she has some performance or show etc.

15. Encourage them but do not push them

16. Do not be nit-picky

17. Listen to your children, and give them chance to talk to you

18. Teach them how to learn of GOD'S LOVE

19. Put your perfume that is going to give sense to your child that you are always with him/her, encouraging and supporting them.

20. Do not Say CHUUUTTT to your child, that's going to destroy his personality as well as his self-confidence.

In conclusion, having healthy self-confidence helps children in many areas of their life. They have the courage to try new things, like making new friends. They believe in themselves and know that good things can happen when they try their best.