Family Activity: A Confident Child

Developing an “I can do it” attitude can help your little one face challenges. Use these ideas to help kids express feelings and build their confidence.

- **Explore Feelings:** Big feelings come and go—and they’re all okay to feel, even at the same time! When kids know how to name what they’re feeling, they gain confidence in talking about their feelings with you.

- **Build Skills:** Learning new skills can help children develop confidence. Help kids master a new feat like jumping on one foot, throwing a ball, drawing letters or counting. Accomplishments—big and small—add to a child’s sense of self-confidence. Keep track of all they’ve accomplished and display the growing list in a place that they’ll see every day.

- **High Five:** To further build your child's confidence, use your fingers to count to five. As you count, say something positive about your child, such as, “You are brave” or “You are helpful.” Invite them to do the same for you, themselves, or another family member. Then, when your hands are open, share a high five to celebrate!

**Inspired by Sesame Street in Communities Activity, “A Confident Child”**

Family Reading Tip: Try New Topics

There are many different types of books available! Switch up the types of books you check out from the library, and seek out new subjects that give you and your little reader something new to think and talk about.