

# Strengthening Self-confidence in Children

*Think of at least two things you're doing or could do to strengthen self-confidence in your child for each of the following three categories:*

*Opportunities for my child to feel more capable in the family:*

[TK]

*Ways to help my child feel that he or she is worthwhile, valued, and important to our family:*

[TK]

*Ways to encourage a sense of responsibility in my child:*

[TK]