AGES 4–14 EDUCATIONAL GUIDE

# Building Your Child's Confidence



**WHAT THIS IS**

Confidence grows when children try, struggle a little, and succeed. Our job is to support, not to rescue.

**HOW TO USE IT**

1. Pick one task your child can do more independently.
2. Teach it, then step back.
3. Praise effort and growth.

**EXAMPLE**

*"You worked hard on that puzzle even when it was tricky!"*

## The independence ladder

1. **I do it for you** · when starting
2. **I do it with you** · side by side
3. **You do it, I watch** · cheer and coach
4. **You do it, I check** · small review
5. **You do it alone** · celebrate!

### Say this

- "I see how hard you tried."
- "What's your plan?"
- "Mistakes help us grow."

### Task we are practicing

_____

_____

_____

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.