

# Value Packed Parenting: 10 Ways to Improve Your Child's Self Confidence

Jeremiah 1:4-8 The LORD gave me a message. He said, "I knew you before I formed you in your mother's womb. Before you were born, I set you apart and appointed you as my spokesman to the world." "O Sovereign LORD," I said, "I can't speak for you! I'm too young!" "Don't say that," the LORD replied, "for you must go wherever I send you and say whatever I tell you. And don't be afraid of the people, for I will be with you and take care of you. I, the LORD, have spoken!" (NLT)

#### 1. Bless Them

Kids ought to be able to look in your eyes and see an affirmation that you believe in them and that you have confidence in them. The words you use as a parent have a great impact. There are not many people who really believe in you and are your emotional cheerleaders in life. There's very few, but that's what you can do for your kids. They'll be able to see it in your eyes, that you love them and you want what's best for them.

## 2. Let Them Contribute to the Family

Give kids opportunities to give back. Look for avenues where your kids can shine. Dr. Leman said he always loves to ask parents, are your rearing your kids in a home or a hotel? Most Americans raise kids in hotels. They give them room service, food service, and little is expected of them. Parents need to give kids opportunities to give back and contribute.

Look for avenues where your kids can shine. You'll notice all your kids are gonna shine in different areas.

#### 3. Teach Them to Think Reason and Make Decisions

Give them opportunities to share their ideas. Don't over teach them. If they ask a simple question, give them a simple answer. If you don't know an answer, admit it, and ask your child to help you find the answer. Here's where you partner with your kids. You just don't set kids up and say, well, you figure it out. You come alongside of them.

There's a lot of people out there who want to give your kids all kinds of ideas that aren't good for them. If you're going to come alongside of them and work with them on projects and teach them to reason, then they're going to be able to see the difference between the right thing to do and the wrong thing to do.

### 4. Be Available to Them

We're not available for our kids. We're available for work. We need to make time to be available for our children.

#### 5. Talk to Them

Talk to them. about what? About anything. That's the whole point, to talk with them about anything. Value your kids opinions. Show an interest in your kid. If your kid has an interest in this, you need to be interested in it.

# 6. Help them to Achieve Something and Be Responsible

A – Acceptance • B – Belonging • C – Confidence



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## 7. Help Them Understand Their Purpose

God has a plan and a purpose for their life.

## 8. Make Sure They Know You Enjoy Being Around Them

They want to know that you like hanging out with them and vice versa.

## 9. Make Sure They Know You Love Your Spouse

Make sure they see evidence of your love. If you are single, make sure they see that love in another direction – to your friends and family and to God. They need to see love modeled.

### 10. Believe in Them

The greatest predictor of success is having someone believe in you. However, there is a difference between praise and encouragement. Praise focuses on the adult's opinion. "You're such a good girl." Encouragement focuses on what was done well, not what the adult thinks about it. "You were very kind to that other little girl." Praise produces pride; encouragement produces strength.