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Fall Newsletter

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What Do Kids Need When They Go Back To School? Are you getting your kids ready to go back to school? Do they have a backpack, books, markers, pens and pencils, calculator and computer accessories? Maybe they need glasses or a new pair of sneakers. Got a lunch box? If you've collected all of their supplies, that's great. Do you know what else kids need when they go back to school? They need to walk through the doors of school with a healthy sense of confidence.

It's All About Confidence:

Confidence and good self-esteem go hand in hand. Confidence helps with learning, developing friendships, sports, and as a result of confidence, children feel happier. If your child is being raised in a family that is kind and respectful you are already on the right track to building confidence. But there is more you can do.

The Self in Self-Confidence:

Confidence is an internal process. You can praise the child constantly and be kind and thoughtful. That won't necessarily create



confidence. For self-confidence to develop, the child has to believe that his or her actions and capabilities are valuable. It is the child's own self-assessment that ultimately matters. That's the *self* part in self-confidence. The child also has to be able to weather confidence setbacks such as criticism, teasing, embarrassment, and mistakes.

Ask Yourself These Confidence Questions: If you are wondering if a child is lacking in self-confidence, here are some questions you can ask:

- ◆ Does the child get derailed by criticism?
- ◆ When the child makes a mistake, such as getting a poor grade or making a sports error for, does he or she appear deflated for too long?
- ◆ Is the child overly self-critical?
- ◆ Does the child recognize his or her strengths?
- ◆ Is the child easily swayed by others viewpoints?
- ◆ Is the child easily embarrassed?
- ◆ Does the child have to do everything perfectly?
- ◆ Is the child frightened by change?

If you've answered *Yes* to some of these questions, there is a way you can help bolster that youngster's self-esteem. The good news is that confidence skills can be learned. And what's more, ALL children can benefit from learning confidence skills to stay steady and strong.

10 Tips to Have A More Confident Child:

- 1- Encourage the child to use self-confident behaviors, such as looking at other kids directly in the eye when speaking, standing up straight and speaking loudly enough so others can hear.
- 2- If a kid acts confident, other kids will see the child as confident. Confident kids are less likely to be targeted by bullying.
- 3- Help the child focus on individual strengths to counteract a tendency to be self-critical.
- 4- Encourage *trying* and *effort*, instead of simply winning.
- 5- If the child makes a mistake, help the child take responsibility for it and learn from the error.
- 6- Have the child use confident language. Empowering thoughts such as, *There are a number of things I'm good at, or, I can always do better next time* help keep confidence steady.
- 7- When a child is criticized, help the child evaluate the accuracy of the criticism. If it's true, the child can decide to make some changes. If it's not true, help the child move on.
- 8- Learning to deal appropriately with disappointment, hurt or anger can actually make a child feel stronger in time.
- 9- Encourage the child to have more than one group of friends. This can protect a child if friendships change or if the child experiences rejection.
- 10- Help the child value his or her own opinions and beliefs even if they are different from others.

Tools for A Lifetime of Personal Power: Children and teens need many emotional life skills to get through everyday times and more difficult times too. Tool Kits for Kids has created powerful strategies to boost self confidence, manage worry, and build resilience – all important areas of emotional health.

The [Charge Up Your Confidence Tool Kit for Kids](#)® helps kids focus on their strengths, value their own opinions, and recognize the importance of effort.

The [Outsmart Your Worry Tool Kit for Kids](#)® helps young people think in strong and accurate ways, so anxieties stop interfering with what's important in their lives.

The [Build Up Your Resilience Tool Kit for Kids](#)™ helps in times of crisis, with tools to remain positive about the future.

Tool Kits For Kids® News Our Tool Kits are used worldwide, providing emotional first-aid solutions for resilience, confidence and anxiety. Here are recent company highlights:

The US Army is using Tool Kits for Kids® to help military families that have children and teens who are dealing with grief and loss, the transition of a new base, or worries about their military moms and dads. The Tool Kits are also being used to train counselors who provide emotional support and resources to military families.

The Boys and Girls Club of America is using the Charge Up Your Confidence® Tool Kit to help teens who are transitioning from middle school to high school.

Charge Up Your Confidence® along with our other award-winning Tool Kits for Kids® are now available for purchase at the [Creative Therapy Store](#), a highly regarded resource for educators, mental health professionals and families.

Tool Kits for Kids® is listed in The Moyer Foundation Resource Guide as a valuable resource to help families with children that are dealing with grief.

Be sure to visit toolkitsforkids.com and click on the [News](#) page to read about help for anxiety and OCD, bullying, performance anxiety, parents dealing with out of control children and teen safety, to name just a few.

And don't forget to like us on Facebook and follow @toolkitsforkids on Twitter!

Tool Kits for Kids LLC

PO Box 173, Glen Rock, NJ 07452

www.toolkitsforkids.com