



# TIPS TO HELP BOOST YOUR CHILD'S CONFIDENCE AT HOME



Letting them pack their own bags for a trip.

Asking your child to choose a healthy snack.



Assigning them a simple house chore each day.

Encouraging them to draw and display their creations in their room.



Giving the task to create something from waste or old items.

Providing a small sum of pocket money and encouraging them to spend wisely under your supervision.



## References

1. 6 Self Esteem Activities to Help Your Child Develop Confidence; Whitby School
2. Why the Arts Matter for Kids' Self-Esteem; University of California, Berkeley