**Ideas for Helping to Build Your Child’s Confidence**

There are lots of reasons why some children develop anxiety, including things they are born with – like their genes or temperament, as well as things that happen in their lives.

As parents, you can play a key role in heling your child to overcome this anxiety and become more confident and independent in the future. Clinical Psychologists at Reading University, have done a lot of research to find out the kinds of things that parents can do to support their anxious children, using cognitive behaviour therapy (CBT). Here are some of the things grey have learnt.

**Key principles for building independence in your child:**

1. *Be confident in your child* – and let them know you are confident!
2. *Show your child how* to be independent
3. *Allow & encourage* them to be independent, rather than jumping in and doing things for them
4. *Be tolerant* of and respect their struggle, rather than criticising them.
5. *Slowly build up* what or child can do.
6. Give you child choices, rather than choosing for them.

**If your child gets anxious:**

***Don’t*** keep reassuring them. It is better to help them learn how to manage their own worry.

***Don’t*** collude with them in avoiding the thing they are worrying about. It’s better to support them in gradually facing their fear and learning how to solve problems.

***Do*** promote ‘brave’ behaviour, where your child has a go at doing something:

* Pay attention to it
* Give clear and specific praise
* Reward it
* Model brave behaviour to your child
* Allow & encourage independence

A good book to read for advice is Cresswell, C & Willletts, L (2010) *– Overcoming Your Child’s Fears and Worries*