

CONFIDENCE



Composed of **self-esteem** – the perception that you can achieve desired goals through your actions; **Determination** – the ability to be resolute in the face of setbacks and **independent thinking** – the ability to resist conforming to undesirable ideals

Role-Model

- Showcase a can-do attitude. Jump in on an activity, even if it is new.
- Be consistent with outings. As time progresses, your Little will build esteem knowing that you value the time you spend together.
- Accept setbacks by pushing onward with a positive attitude. Demonstrate that you are not afraid to fail.

Actively Listen

- Affirm that your belief in your Little will not change, regardless of his/her actions, setbacks, or opinions of others.
- Identify and compliment effort and hard work instead of crediting innate characteristics and abilities.
- Find ways to acknowledge your Little's unique personality traits. Celebrate choices that run counter to negative peer pressures
- Promote self-reflection of your Little's decisions and actions. Explore the learning after a setback, and encourage him/her to try again.

Provide Opportunities

- Choose outings that build off the strengths that your Little already has.
- Find attainable goals that are challenging but within your Little's reach.
- Ask your Little to teach you how to do something he/she is good at or knowledgeable of.
- Ask your Little to talk about his/her talents and abilities and how he/she envisions using them. Predict potential challenges and barriers that exist and how to overcome them. Ask him/her to identify people that will help foster their talents.
- Encourage your Little to identify the differences between positive and negative influences in his/her community