

How to build self-confidence from a young age?



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Source: Aristle International Kindergarten, School Supervisor, Vivian Wu

Parents may ask what tips are available to help children build confidence easily from a young age. I think young children need love. He may be more self-centered and place a lot of emphasis on his relationship with his caregivers, so I think relationships with parents and caregivers are very important. If he has enough trust in the people around him, it will be easier for him to build relationships with the people around him in the future.

The second point is that many parents now go to play groups more often, and often parents take their children to parent-child classes and can finish them without interacting with other children at all. So many times, parents say it is better to take him out to play more often. In fact, going out to play more often or going to play groups more often does not mean that the child's social skills or the need to socialize with other children will increase. Take the school's Play Group as an example; the school will try to encourage more interaction between children, such as exchanging objects or even taking care of the people around them. It is hoped that children will know how to share or take care of others, which will help them build social relationships with others in the future.



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One thing that parents can do is to start building their social skills early in life. For example, when you take your child out, you can greet people you see in your daily life, such as neighbors, security guards downstairs, or even your aunt near the supermarket. Perhaps starting with gestures as an infant and then using words every day can become a habit of building relationships with people.



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The last thing that many parents may not have noticed is that, in my experience, many children who are more introverted or less talkative, or who may not be so outgoing, You will often find that their fathers or mothers have similar personalities, so I think it is important to teach by example. Parents may want to try to take the first step themselves because children often learn by imitation. Parents may want to adjust their own expectations if one of the parents is not an extrovert. I don't think you need to put too much pressure on yourself or your child to become particularly extroverted.