

# 7 WAYS TO

## Build a Tween/Teen's Confidence

1

### ALLOW MISTAKES

Helping your tween/teen learn from mistakes makes them capable to solve problems and find solutions.

2

### PRAISE PERSEVERANCE

Tweens/Teens build confidence when they keep trying through hard times. Praise their effort, not just the result.

3

### TEACH PROBLEM-SOLVING

Let your tween/teen solve problems on their own. You can help, but encourage them to think for themselves too.

4

### ENCOURAGE THEM TO TRY

Trying new things can feel scary, but with your support, your tween/teen can learn they're more capable than they think.

5

### DISCOVER THEIR PASSION

Help your tween/teen find their talents and chances to use them. Learning their strengths helps them learn who they are.

6

### MODEL CONFIDENCE

When you face your fears (even when you feel anxious or insecure), it shows your tween/teen they can too.

7

### LOVE--NO MATTER WHAT

Win or lose, try or fail—your tween/teen's confidence grows with your unconditional love, and they will feel unstoppable!