5 Ways to Help Your Child *Build* Self-Confidence Every Day

1. 

   Praise effort, not perfection.
   Focus on hard work and progress, not just the outcome.

2. 

   Let them solve small problems.
   Give them age-appropriate challenges and space to try and figure things out.

3. 

   Read stories with positive role models.
   Books help children see courage, kindness, and confidence in action.

4. 

   Celebrate kindness.
   Notice and acknowledge the kind choices they make every day.

5. 

   Remind them their voice matters.
   Listen, value their opinions, and encourage them to speak up.



Inspired by *Luna the Little Star*

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