

MIGHTIER™

5 Simple Ways to Build Your Kid's Confidence

Brought to you by Dr. Jason Kahn and the team at Mightier



Let Them Know You Have Their Back

Grown ups sometimes forget how hard it is to be a kid. They face new experiences everyday. Every family I know has their own way to show their love. It doesn't have to be overt, or sappy, or even overly sentimental. But showing your kid that you're in their corner means that they have a foundational relationship and an unwavering safety net that will give them the strength they need to go out and take some chances.

Encourage Trying New Things

There's a fine line between "encouraging" and "forcing." While the latter can be counterproductive, encouraging a child to try new things can build confidence. To be encouraging, look out for the times when your child is trying something new. From a new sport, to a new food, or a different route to walk to school, your child is finding something new. Notice that! It'll help them feel confident to discover more new things they like and feel good about themselves.

Find Ways for Them to Feel in Control

Kids don't always feel in control. Other people make decisions throughout their day, and when things don't go their way, big emotions can physically take over their body. Self-esteem suffers when kids feel out of control physically. Children can learn body control and gain another tool for self-regulation and self-calming. When your child understands that they can calm themselves down with deep breaths or another strategy, they often feel calmer afterwards. Better yet, they learn that they can help themselves!



Don't Sweat Failures

Failure is tough. Frustration and anger are brain building moments, not things to run away from. If every failure and frustration needs to be moved on from quickly, treated like an emotional hot-potato that should be run from, then kids learn that these are moments to be ashamed of. So when the next tantrum interrupts the day, it helps to keep perspective. Is everyone safe? Will time help? Most frustrations will pass, and through the process a kid has built some awareness and confidence in their ability to get through tough moments.



Give Kudos for Wins Big and Small

Kids are always learning and growing. Along this journey, there are successes big and small. Tying shoelaces independently or getting on an escalator without hesitation - these are both accomplishments to celebrate. Lots of small wins quickly add up to big wins, and kids build self-esteem when they know you're celebrating their effort right there with them.



About Dr. Jason Kahn

Jason Kahn PhD is a dad, researcher at Boston Children's Hospital, Instructor at Harvard Medical School, and Chief Science Officer at Mightier. Mightier uses the power of bioresponsive games to help kids build and practice calming skills to meet real-world challenges.



For more information on how you can build your kid's confidence or to learn about how Mightier's bioresponsive games could help your child regulate their emotions, go to www.mightier.com