

Competence and Confidence

Competence is ability rooted in experience

Confidence is rooted in Competence

BUILDING COMPETENCE

Let them do it their way:

- Allow children to develop their own decision making and problem solving skills.
- When problem doesn't involve us, provide support, but let child figure out how to solve problem.

Play:

- Support PLAY to develop competence, interests and talents.
- Joining and letting them direct builds connection and trust.

Notice, Acknowledge and Criticize Constructively:

- Be specific about competencies you see, without being lavish.
- Praise and acknowledge process (ex.grit and determination) rather than product.
- See handout on recognizing Process not Product.

Help children see challenges clearly:

- Listen, explore and understand first, before reacting and diving into [your] solutions.
- Help them recognize negative thinking and evaluate their self-talk and beliefs about challenge for accuracy which may help them de-catastrophize.



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No need for lectures:

- Take time to regulate when you feel the urge to lecture coming on.
- Put kids in driver's seat. Let them digest, address and solve challenges and problems out loud without critique, to reduce shame and shutting down.
- Break down decision making and problem solving into simple “mathematical equation, rather than algebra”, as children can be very concrete.

Guide children to find the right choices:

- Choreographed conversations to steer kids to coming up with their own solutions.
- Roleplay or ask “what if’s”
- Help kids learn to identify manipulation in ads, peers, or others getting needs met in unhealthy manner.
- Pick time and place to have these conversations.

Media Literacy

- See handout for helpful guidance and food for thought.

