

Building Confidence

I came upon an interesting article that addresses many of the ways we as Montessori teachers work to build a student's sense of self confidence and independence. While the article puts it in the negative, by highlighting what "good parents" do wrong, I like to think of it in the positive: How can we, as parents and caregivers, support our children as they grow into self-sufficient, resilient people?

- Let children share their worries and problems with us, BUT let them keep their problems, rather than take them on as our problems or get upset about them ourselves.
- Support children in finding a solution to a problem that they implement, rather than coming to their rescue.
- Have children relish in what they do well, rather than become anxious over what is more difficult for them.
- Let them set the expectations and soar as they may.
- Show children that you will accept mistakes and support them through troubles.
- Have them see you struggle and make mistakes to model problem solving and resilience.

For more examples and analysis from the perspective of what not to do, check out this **article**.

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