

PARENT CONNECTIONS

Wellbeing Newsletter for Parents
December 2025

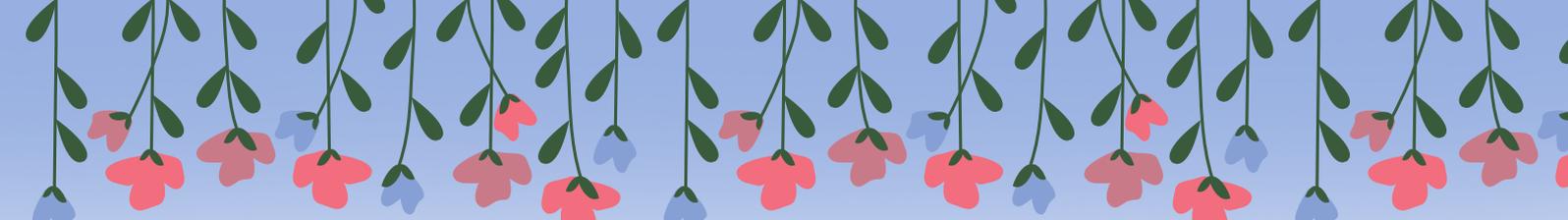
**Helping your child become their best self.
Building confidence, resilience, and
emotional strength—one step at a time.**

From birth, children rapidly gain new skills and the confidence to use them. As they grow, this self-confidence becomes just as crucial as the skills themselves. To thrive, children must trust their abilities and learn to handle setbacks. Experiencing success and overcoming failure builds lasting self-confidence.

Parents often wonder how to help their children become happy, well-adjusted adults. While each child develops uniquely, some proven strategies can raise children who are both competent and confident.

**Here are 12 ways you can set your
child up to feel capable and get the
most mileage out of their skills and
talents.**





Model confidence yourself!

Even if you are not feeling it! Seeing you tackle new tasks with optimism and lots of preparation sets a good example for children. That does not mean you have to pretend to be perfect. Do acknowledge your anxiety, but do not focus on it — focus on the positive things you are doing to get ready.

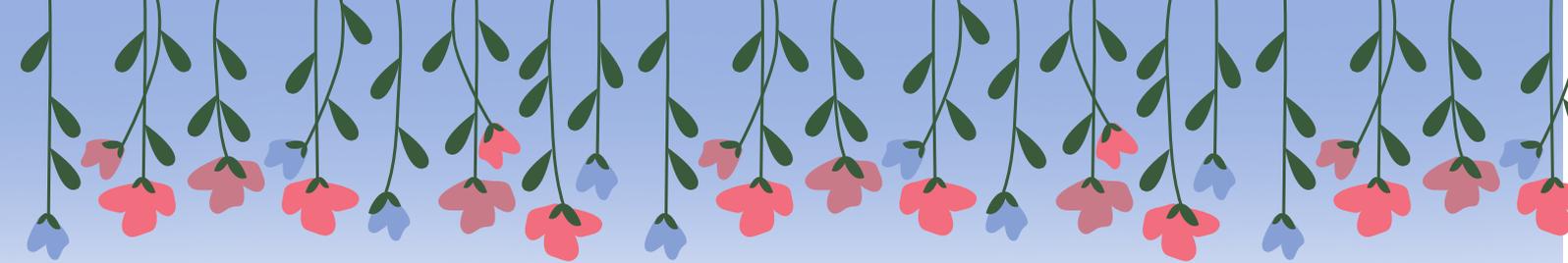
Do not get upset about mistakes!

Help your child see that everyone makes mistakes and the important thing is to learn from them, not dwell on them. Confident people do not let fear of failure get in their way — not because they are sure they will not ever fail, but because they know how to take setbacks in stride.

Encourage them to try new things!

Instead of focusing all their energy on what they already excel at, it is good for children to diversify. Attaining new skills makes children feel capable and confident that they can tackle whatever comes their way.





Allow children to fail!

It is natural to want to protect your child from failure, but trial and error is how children learn, and falling short of a goal helps children find out that it is not fatal. It can also spur children to greater effort, which will serve them well as adults.

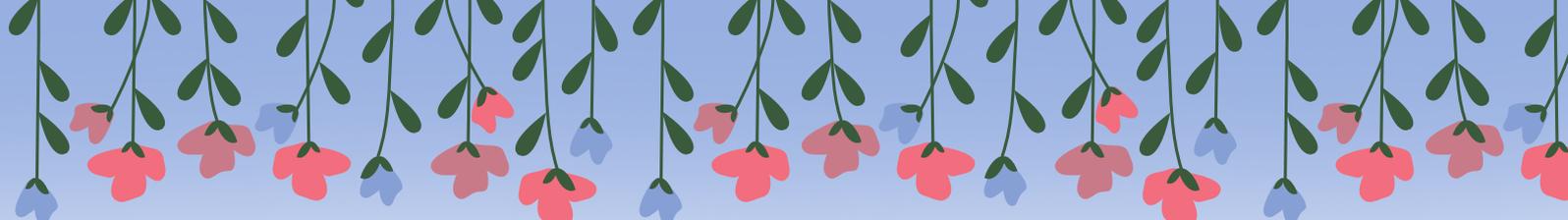
Praise perseverance

Learning not to give up at the first frustration or bail after one setback is an important life skill. Confidence and self-esteem are not about succeeding at everything all the time; they are about being resilient enough to keep trying and not being distressed if you are not the best.



Help your child find their passion!

Exploring their own interests can help children develop a sense of identity, which is essential to building confidence. Of course, seeing their talents grow will also give a huge boost to their self-esteem.



Set goals!

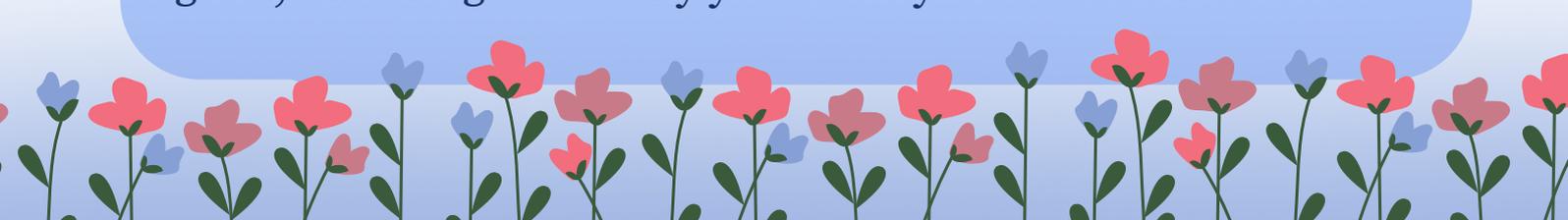
Articulating goals, large and small, and achieving them makes children feel strong. Help your child turn desires and dreams into actionable goals by encouraging them to make a list of things they would like to accomplish. Then, practice breaking down longer-term goals into realistic benchmarks. You will be validating their interests and helping them learn the skills they will need to attain their goals throughout life.

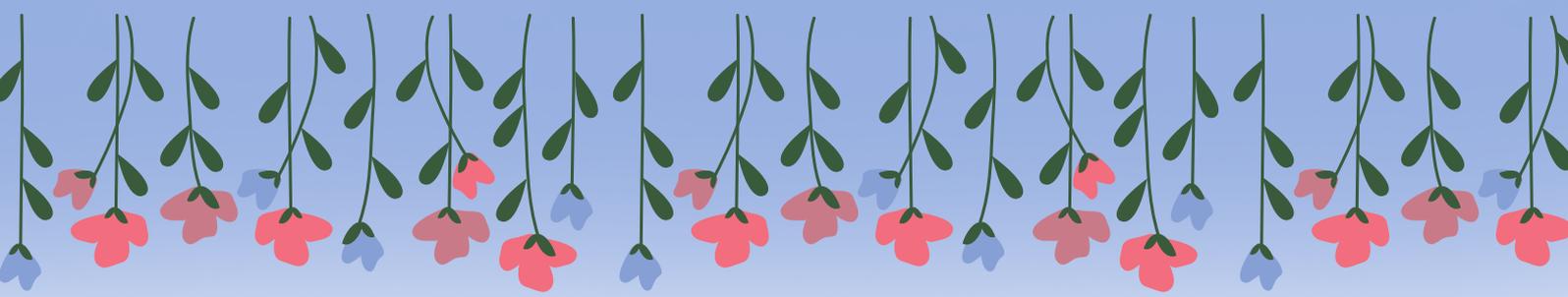
Celebrate effort!

Praising children for their accomplishments is great, but it is also important to let them know you are proud of their efforts, regardless of the outcome. It takes hard work to develop new skills, and results are not always immediate. Let your child know you value the work they are doing, whether they are toddlers building with blocks or teenagers teaching themselves to play the guitar.

Expect them to pitch in.

They might complain, but children feel more connected and valued when they are counted on to do age-appropriate chores, from picking up toys to doing dishes to picking up younger siblings from a play date. Homework and after-school activities are great, but being needed by your family is invaluable.





Embrace imperfection!

As grown-ups, we know that perfection is unrealistic, and it is essential for children to receive this message as early as possible. Help children see that whether it is on TV, in a magazine, or on a friend's social media feed, the idea that others are always happy, successful, and perfectly dressed is a fantasy, and a destructive one. Instead, remind them that being less than perfect is human and okay.

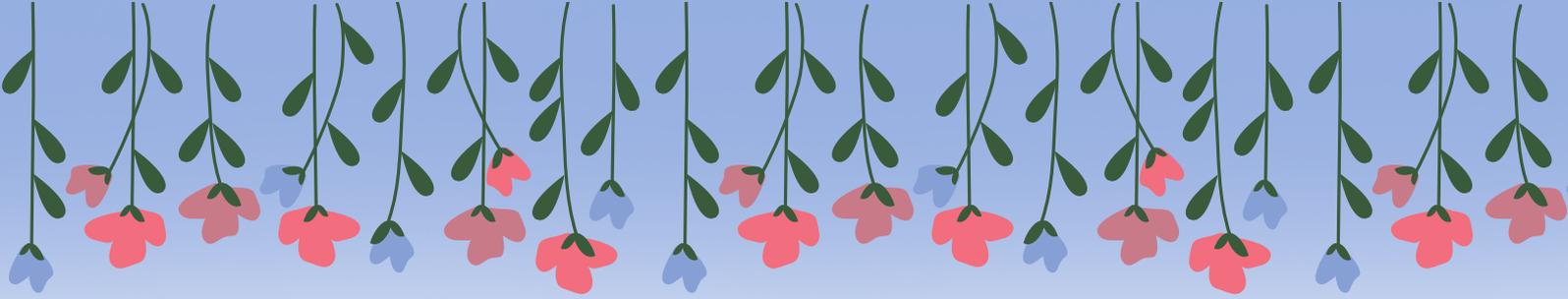
Set them up for success!

Challenges are good for children, but they should also have opportunities where they can be sure to find success. Help your children get involved with activities that make them feel comfortable and confident enough to tackle a bigger challenge.

Show your love!

Let your children know you love them no matter what. Win or lose the big game, good grades or bad. Making sure a child knows that you think they are great — and not just when they do remarkable things — will bolster their self-worth even when they are not feeling good about themselves.





Children thrive when they feel understood, valued, and encouraged to explore their potential. By fostering emotional intelligence, promoting a growth mindset, and building warm yet structured environments, parents can equip children with the resilience, confidence, and skills needed for lifelong success. A child becomes their best self not through pressure or perfection, but through connection, encouragement, and the freedom to grow at their own pace.

