

A close-up photograph of a woman with dark hair hugging a young boy with brown hair. The boy is wearing a plaid shirt. The image is dark and moody, with the woman's face partially visible as she looks down at the child.

6. NOT GIVING THEM INDEPENDENCE

Allowing your child to make age-appropriate decisions and take responsibility builds their confidence. Over-reliance on parents for decision-making can make them hesitant and unsure of themselves.

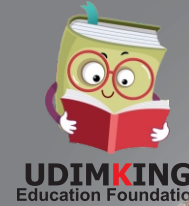
7. NEGLECTING EMOTIONAL SUPPORT

Failure to provide emotional reassurance, especially during challenging times, can leave children feeling unsupported and insecure. Validating their feelings and offering encouragement is essential for emotional growth.



By avoiding these mistakes and fostering a supportive and encouraging environment, you can help your child develop the confidence they need to navigate life's challenges.

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RESTORING THE SELF CONFIDENCE OF THE NIGERIAN CHILD

As a parent, you want your child to feel empowered, capable, and confident in their abilities. However, certain parenting mistakes can undermine their self-esteem and make them feel unsure of themselves.

HERE ARE SEVEN COMMON MISTAKES TO AVOID

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1. OVERPROTECTING YOUR CHILD

Constantly shielding your child from challenges can lead to an underdeveloped sense of self-reliance. It's important to allow them to face difficulties and learn from their mistakes to build confidence.

2. CRITICIZING RATHER THAN ENCOURAGING

Frequent criticism can cause a child to doubt their abilities. Instead of focusing solely on mistakes, try to offer constructive feedback and praise their effort to foster a growth mindset.



3. SETTING UNREALISTIC EXPECTATIONS

While it's great to encourage your child to strive for success, setting unattainable goals can create anxiety and feelings of inadequacy. Be realistic about their strengths and weaknesses.



4. COMPARING TO OTHERS

Comparing your child to their siblings or peers can make them feel inadequate. Every child develops at their own pace, so celebrate their unique achievements instead of making comparisons.

5. FOCUSING TOO MUCH ON ACHIEVEMENTS

When children are constantly praised only for their achievements, they may come to believe that their value is tied to performance. Encouraging them to develop their inherent worth is key to boosting confidence.