



**UDIMKING**  
Education Foundation



## **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**



## **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.






## **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.



A woman with long, light-brown braids is smiling and looking down at a young boy. She is wearing a blue denim button-down shirt. The boy is wearing a light blue and white checkered shirt and is looking up at her. They are holding hands, and she has her arm around his shoulder. The background is a solid dark grey.

**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.**

**Let us salvage our children from the influence of the  
Society of Examination Malpractice Practitioners - SEMP**

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