



Raising a Confident Child

A Chapter Zero Webinar

What does a confident child look like?

A confident child is someone who...

<https://www.menti.com/a1hus3a1ic>



Code: 1323 0536

What does a confident child look like?

Sometimes confidence looks like this...	But it can also look like this...
Trying new things	Taking time to regulate nervousness before trying something new
Doing challenging things	Asking for guidance to do something challenging
Being independent	Being independent AND able to ask for help
Winning competitions and awards	Not defined by external validation
Presenting yourself well	Comfortable in your own skin
Getting along with everyone	Taking time to get to know people
Saying 'yes' to everything	Able to say 'no'
Happy and full of smiles	Comfortable expressing a range of emotions



“

We want our children to feel good about who they are and what they do and not be wracked with envy or relentless competitiveness to prove their self-worth.

— Raising a Secure Child

Think of a
teacher you
liked when
you were
growing up...

01

What was he/she like?

What was it about this teacher that
made you like him/her?

02

His/her influence

Did you enjoy the subject more as a
result of this teacher?

03

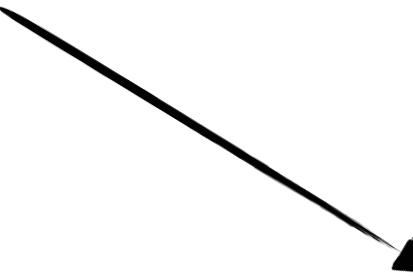
Your behaviour as a student

Did you behave differently for this
teacher's subject?

Security

Confidence

Self-reliance



“

Decades of research have now shown that having **a secure attachment** with a primary caregiver leaves children **healthier** and **happier** in virtually every way we measure such things - in **competence** and **self-confidence**, **empathy** and **compassion**, **resilience** and **endurance**...in the ability to **regulate emotions**, tap **intellectual capacity**, and preserve **physical health**...in **pursuing** our **life's work** and having a **fulfilling personal life**.

Raising a Secure Child

A **secure attachment** forms naturally when we can...



Help the child feel safe...

when frightened or uncomfortable

Help the child feel secure...

enough to explore the world,
essential to growth and
development.

Help the child regulate...

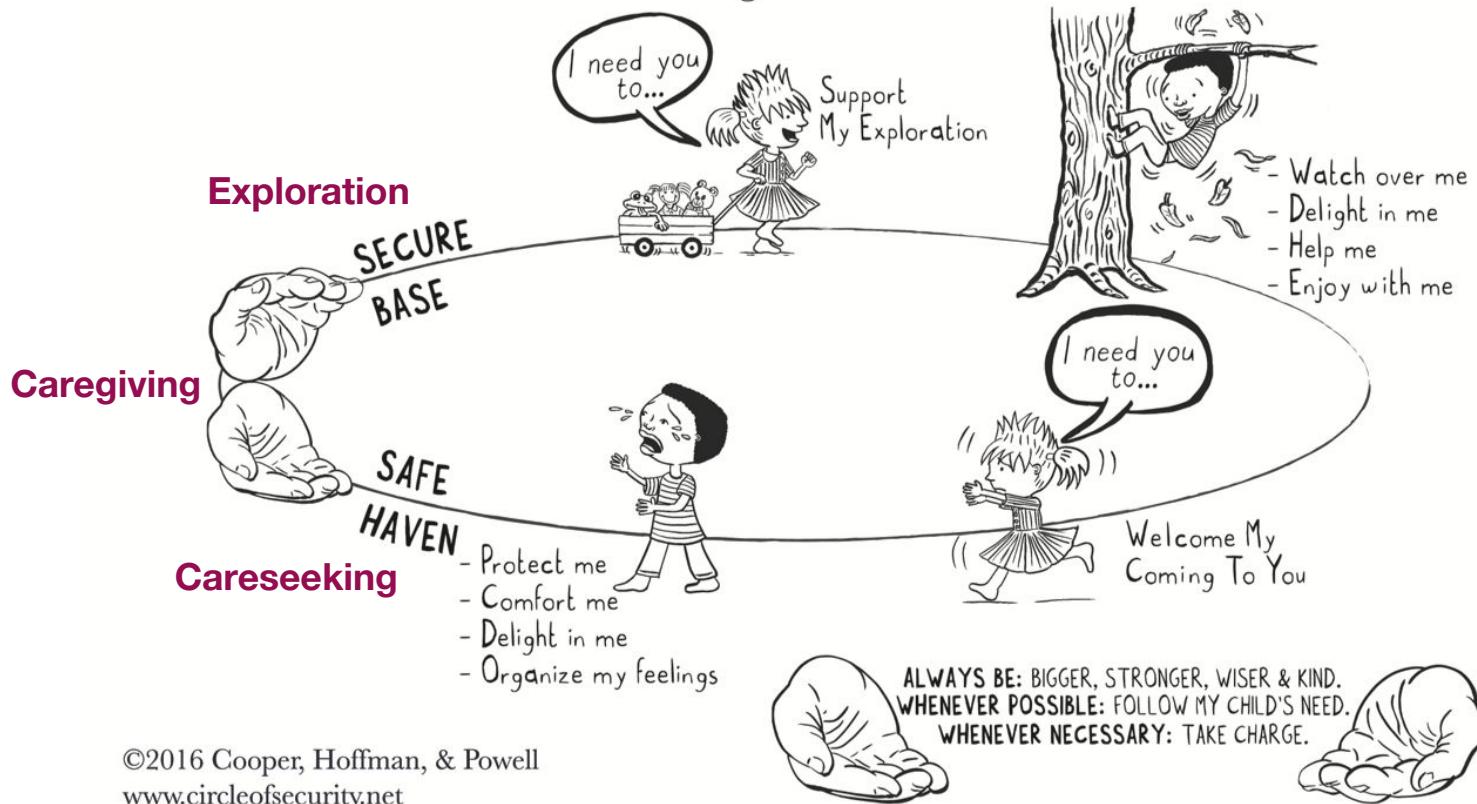
his or her emotional experience.



A map for attachment: Circle of Security

Circle of Security®

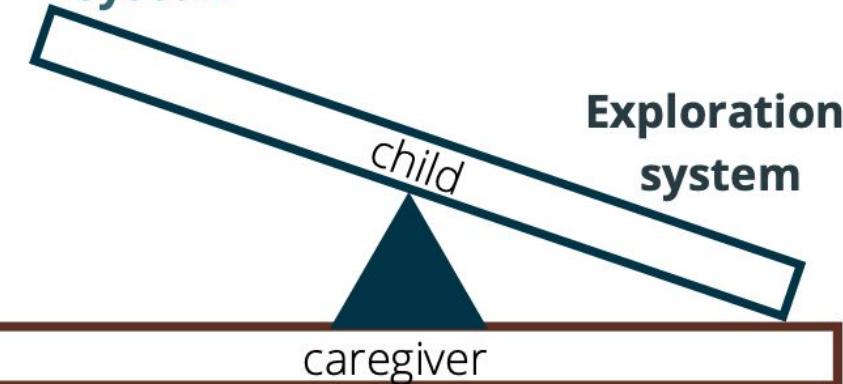
Parent Attending To The Child's Needs



Attachment

Exploration

Attachment
system

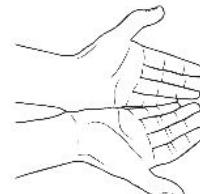


Attachment
system



comfort

Safe haven



support exploration

Secure base



*"It is often not
attention that
the child is
seeking, but
connection."*

Matt Mager

Self Reflection

Can you think of an example of your children "**going out to explore**" and coming in to "**fill their cup**"?



Secure Base



Watch over me

Just being there. If your child seems contented, observe...



Delight in me

A warm smile and eye contact when your child looks at you.



Enjoy with me

Share and enjoy your child's activity without taking over



Help me

Sometimes children need just enough help to learn something new

Watch over me

What it is...



Just being there...

Your relaxed presence makes learning and discovery possible.

The challenge...



Resisting...

Guiding, teaching, coaxing...

Delight in me

What it is...



Show delight in the child...

With warm smile, eye contact

The challenge...



Avoid...

"Good girl!", "Great job!", "Nice work!"

Enjoy with me

What it is...



Share their activities and adventures...

by playing along, narrating, verbal acknowledgment...

The challenge...



Avoid...

Taking over.



Help me

What it is...



Just enough help...

from Mom or Dad to learn to do
new tasks or to keep going to
experience mastery

The challenge...



Avoid...

Offering too much or too little help



Secure Base



Watch over me

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Delight in me

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Enjoy with me

Share and enjoy your child's activity without taking over

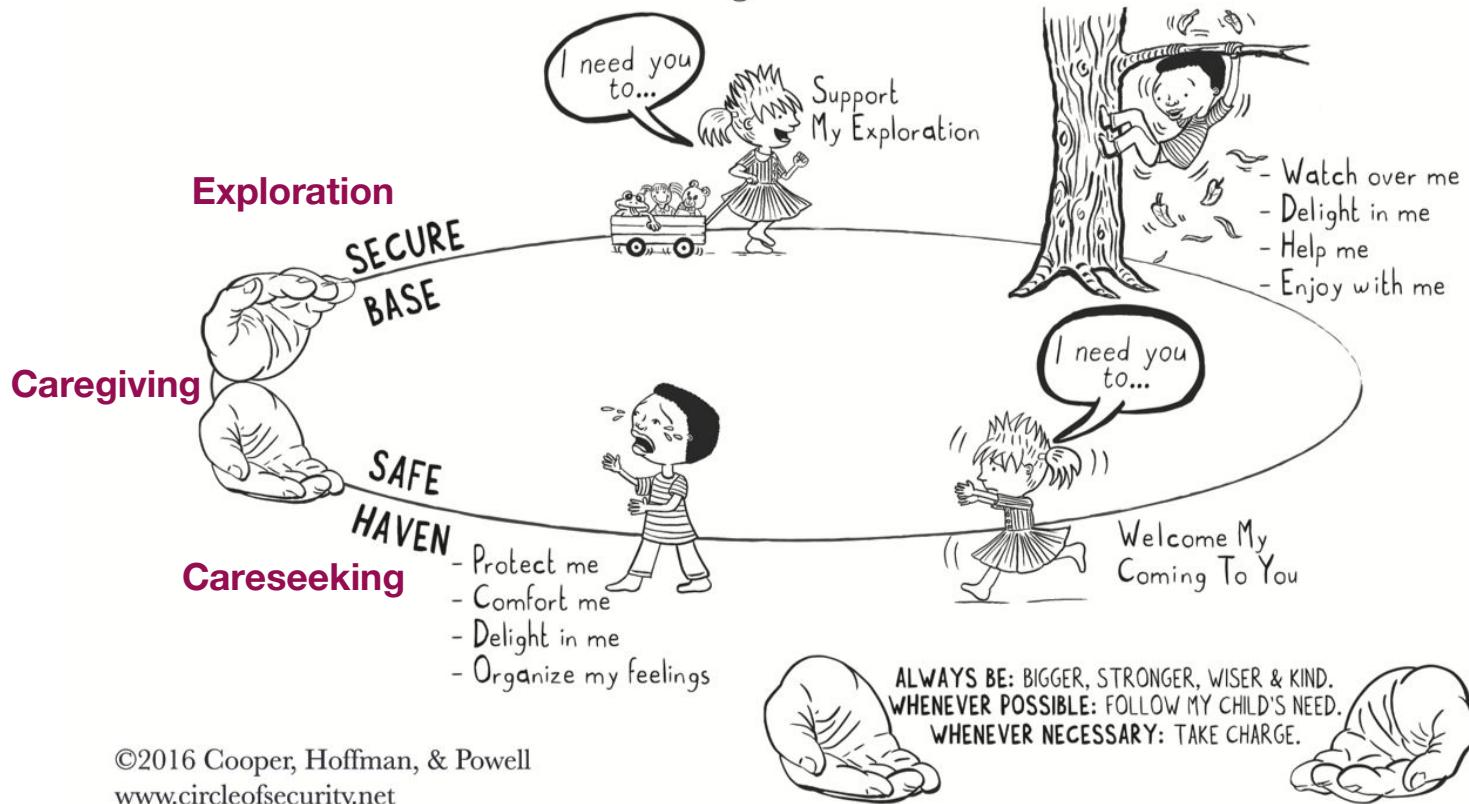


Help me

Sometimes children need just enough help to learn something new

Circle of Security®

Parent Attending To The Child's Needs





Safe Haven



Protect me

Send the message that we are committed to protecting them, that they can count on us.



Comfort me

Be there to ease their physical discomfort but also accept their emotions and help them regulate.



Delight in me

Empathy and acceptance even when they are in distress.



Organize my feelings

Regulate their emotions for them, then with them, and gradually teach them to self-regulate.

Protect me

What it is...



Committing to protect them...

from physical, mental and emotional harm, and they can count on us.

The challenge...



Guard against...

imposing our own feelings on them, by thinking they have nothing to fear, or by triggering their alarm.

Comfort me

What it is...



Tenderness and soothing...

that tell them you'll be there to ease their physical discomfort, but also that you accept their emotions and will help them regulate.

The challenge...



Guard against...

taking on their feelings yourself.

Basic Listening

Non-verbal Attending

Appropriate eye-contact
Nodding
Leaning forward
Smiling/frowning
etc.

Silence



Door openers, Invitations to talk

“Would you like to tell me more?”
“Do you want to talk about it?”
“Sounds like you have some big feelings about that.”

Simple Verbal Acknowledgements

“mm-hmm”, “I see...”, “ah...”

Active Listening

Hear feelings and needs

“You sound worried.
You’re not sure that you
will like your new
school.”



Attend

Appropriate eye contact
Open body posture

Feed back your understanding

“You’re anxious because the place is new
and so big, and you don’t know your
classmates and teachers.”

Express empathy and acceptance

Delight in me

What it is...



An accepting understanding...

of what they are experiencing and feeling.

The challenge...



Avoid...

Being clueless or uncaring.

Organize my feelings

What it is...



Regulating their emotions...

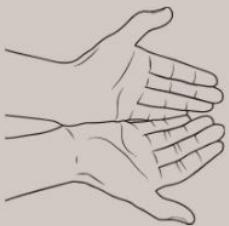
for them, with them, then gradually teach them skills for self-regulation.

The challenge...



Try to...

Regulate our own feelings.



Safe Haven



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Children who can use their parents all around the Circle are **more securely attached** and **more resilient** in the face of **life's challenges**.

— Raising a Secure Child

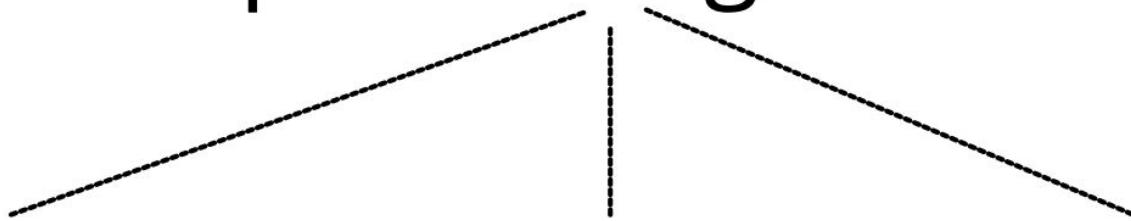
3 important ingredients

child-
directed
play and
learning

acceptance

emotion
regulation

being with





“

When you model **rupture and repair**, you're promoting your child's development of a **reflective self** and paving her way for good relationships throughout life.

— Raising a Secure Child



What is your biggest takeaway from
the webinar?

Let's connect!



Thank you for being with us