**Welcome to “Confidence in Kids”**

**Confidence is the Key!**

**What a simple yet powerful little statement about life, living and success.**

**Every parent wants to instill their children with the confidence to stand up to peer pressure, say no to drugs, stay safe and enjoy success and happiness in their lives.**

**Here are a few tips for building confidence in your children:**

* **Increase family time, centered on the child’s interest**
* **Be a great role model of confidence**
* **Praise your children in front of other people**
* **Leave messages for your children where they can find them privately**
* **Make sure that the last thing they hear at night is a positive affirmation of their qualities, achievements, and successes**
* **Write a list of all their great qualities**
* **Give them responsibilities and praise them for fulfilling them**

**The Power of Belief**

**“Believe in yourself. You gain strength, courage, and confidence by every experience in which you stop to look fear in the face… You must do that which you think you cannot do.”**

**Confidence: The Strength of a Leader**

**“ A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the quality of his actions and the integrity of his intent. In the end, leaders are much like eagles…they don’t flock, you find them one at a time.”**