

MENTAL HEALTH

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With an Improving Understanding of MCH grant, FamilyVoices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health.

www.familyvoices.org and www.brightfuturesforfamilies.org.

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Raising Confident Kids

Self-confidence helps children and adults cope in stressful situations, such as the first day of school, or a trip to the dentist, or learning any new skill that takes patience and practice. It's not about being conceited ("I can do ANYTHING!"), but more about being willing to try and not letting obstacles get in the way.

Confidence and Self-Esteem Go Hand in Hand

Parents are role models. The words you use to praise—or correct—your child are important, too. We can't always succeed or excel at everything we try, and a healthy self-esteem will take the failures and learn from them. Use positive esteem-building phrases to say to your child:

- Wow—you really worked hard on that!
- I can see you are disappointed that you didn't make the team, but I'm really proud of how hard you worked!

To read more about building self-esteem and confidence in your child, go to:

http://kidshealth.org/parent/emotions/feelings/self_esteem.html#a_What_Is_Self_Esteem_

Adolescence—A Tough Time to Be Confident!

Self-confidence is important at any age. Teenagers have so many things going on that a little self-confidence and self-esteem go a long way to help them cope. The U.S. Department of Education has a series on "My Child's Academic Success" that includes tips for building confidence in early adolescence including:

Provide opportunities for success. What does your teen like to do? Sports? Art? Music? Encourage your teen to join a school club, play a sport in a community league, or even take classes to learn more about what interests him or her.

Help your teen feel safe. Life is tough sometimes, and it is good for a teen to know that there are adults he or she can turn to for love and support.

To read more about teens and confidence, go to:

www2.ed.gov/parents/academic/help/adolescence/part8.html

