



Confident Children: Help children feel good about themselves

Gael Lindenfield

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A parent's guide to helping children feel good about themselves. A new larger format revised edition of the parenting classic

A child's level of confidence is a key factor in forming their personality and confidence in later life. It is crucial for children to learn to love themselves – all adult issues of self-love, positive thinking and clear goals are equally as important for children and it is much easier to learn these attitudes when growing up. This book looks at how to provide a helpful environment for children to grow up with a sense of both inner and self confidence.

Lindenfield also stresses the need for learning about children's health, because problems like bed-wetting and temper tantrums, may be confidence and attention issues. She also focuses on the stress levels of the parent – quelling your own stresses relaxes your child.

The book also includes important sections on giving your child space and freedom, plenty of stimulation and encouragement, communication and ground rules.

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