10 confidence-building strategies every parent and teacher should know

by Michael Grose - Australia’s No 1 parenting educator

Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do. Instilling confidence and self-esteem takes more than heaping praise on kids. Great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.


Creating good study and work habits in secondary school

by Michael Grose - Australia’s No 1 parenting educator

Here are seven healthy and strong study habits for homework and general organisation that will serve your young person well throughout their school years and their lives. (1 Page)

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