

Boosting the confidence & self-esteem of our children

Speak back to the anxiety:

- Help them come up with a plan
- Create a list of previous times they have felt nervous and what they learned from them
- What are the costs and benefits of worrying about this? (learning to let it go)
- What proof do I have that my thoughts are true?
- Is there any proof that they are not true?
- How realistic is my thinking?
- How might someone else view this situation?
- Is it helpful for me to think this way?

Take the fear out of failure:

Give acknowledgement that failure happens & it is okay

Realize your own expectations

Offer other perspectives

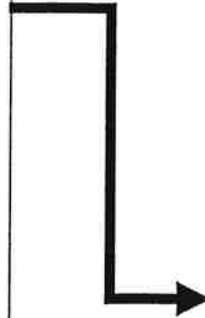
Work on a plan for next time (power of YET)

Retrain the brain: *neuroplasticity*

- **Mental Filter/Tunnel Vision**- only paying attention to the negative
- **Jumping to Conclusions**- trying to mind read/predict the future
- **Blaming**-
- **Catastrophizing (Magnification) and Minimizing**- blowing things out of proportion or shrinking them
- **Black and White**- all or nothing thinking
- **Should/Must**- using should/must can make us feel guilty/frustrated
- **Overgeneralizing**- overly broad in our conclusion
- **Labelling**- assigning labels to ourselves or other people
- **Emotional Reasoning**- just because we feel a certain way, it must be true

Dealing with Conflict:

- Emphasize empathy – put yourself in the other person's shoe
- Do not allow trash talk in your home, name calling, etc. to others and about someone- **show respect even when frustrated/hurt**
- Develop self-advocacy skills
- Help them to identify how they are feeling, "I feel _____ when you _____"
- Help them work together with the other person on how to resolve the conflict
- Teach emotional regulation skills: Walk away, take a deep breath, ask for help
- Model how to speak with friends, apologize, etc.



H.I.B. harassment, intimidation and bullying as any gesture, any written, verbal, or physical **act**, or any electronic communication, whether it be a single incident or a series of incidents, that is reasonably perceived as being motivated either by an actual or perceived.

Call your principal or the anti-bullying specialist (school counselor) if you suspect your child is being harassed, intimidated or bullied.

<http://www.state.nj.us/education/students/safety/behavior/hib/ParentGuide.pdf>

Additional Notes:
