

Raising Competent and Confident Kids

Topics

It Begins with You

Self awareness and self confidence
Values
Self talk and attitude
Modeling behavior: leading by example

Communication

Listening and acknowledgment
Asking
Communicating love and acceptance
Affirming children through praise

Disagreements and Discipline

Characteristics of an environment which minimize conflict
Consequences
Limit setting
Responding to conflict
Problem solving

Overparenting

What is overparenting?
Characteristics of overparenting parents
Characteristics of the overparented child
Avoiding overparenting by developing responsibility and
Independence