

SUPPORTING A CHILD'S CONFIDENCE

Children often struggle with their **confidence skills** in school and nursery and this can impact on their ability to **ask** for things, **play** with others and **join in** with activities.

To support a shy child you could try:

- **Mirroring their play** – this takes away any **pressure** for them to have to interact with you as you are just playing alongside. They can then **interact with you** on their **terms**.
- **Avoid asking lots of questions** – questions require an **answer** and this can create pressure on the child to speak to you when they might not be comfortable to do so
- **Ask them to show you** – this gives them another way of communicating **without talking** if they are too shy
- **Praise them** – make sure you **highlight and praise** other things that they have done well (e.g if the child did not speak in class today, you could say “well done, you have done really **good listening** today!”)
- **Introduce** the child to another child in nursery and encourage them to play together so that they have a **friend** to play with/speak too
- **Include** the child in **smaller group activities** with their friends who they may be **more likely to speak too**.
- **Turn taking** – include the child in **turn taking activities** with other children to support their confidence to **make friends** and join in with others.