

Parent Guide



@twinklparents

We are excited to share this content with you. If you are interested in finding more resources made especially for Parents, then check out these links to different areas of the **Twinkl Parents** hub.

SEND Support



Subject Guides

Pregnancy & Baby



Health & Wellbeing

Supporting Learning



What is this resource and how do I use it?

Help your child to build self-confidence with these conversation cards. With each card having a question to use as a prompt, you can encourage your child to speak positively about themselves and their interests.

What is the focus of this resource?

Social Skills

Communication

Self-Confidence

Further Ideas and Suggestions

This lovely **Fortune Teller** is a great way to focus on positive affirmations. Why not **Improve Low Self Esteem** with some of the tips in this parent guide?

Parents Blog



Parenting Wiki



Parenting Podcast



twinkl

Parents
Hub

School

What exciting projects
are you working on right
now?

What is the most fun
thing you did or saw at
school today?

How did you help someone
today?

What are you most
thankful for at school?

Is there something you
would like to learn or
try?

Home and Family

What is your favourite family tradition?

If you could go anywhere on holiday, where would you go?

What could our family do that would make the world better?

Which family member makes you feel good about yourself?

If you could invite anyone to a family dinner, who would it be?

Friends

Would you rather have
one very good friend or
lots of good friends?

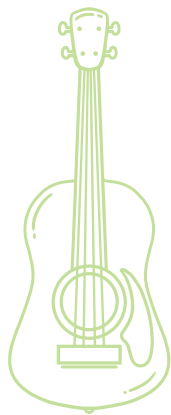
How would your friends
describe you?

What is your favourite
thing to do with your
friends?

What qualities make you
a good friend?

If you had a day to
hang out with your
friends, what would you
do?

Hobbies and Interests



What is your favourite thing to do after school?

What is your favourite thing to do at the weekends?

Who is your favourite character from a book or film?

If you could have any superpower, what would you choose?

Can you list five or more things you are good at?

Follow Up Questions:

That sounds interesting,
can you tell me more
about it?

Why do you think that?

How did you come to that
conclusion?

Could you expand on that
a little more?

How does that make you
feel?

Top Tips for Boosting Your Child's Confidence

Praise Effort

By focusing on the effort your child has put into a task or activity, you can acknowledge their improvement and progress not just the result or outcome.

Actively Listen

Really take some time out to listen to your child when you are having a conversation. Allow them to finish their sentences and respond thoughtfully by asking follow-up questions.

Positive Reinforcement:

Celebrate your child's successes and encourage them when they face challenges.

Be a Role Model:

Show confidence in yourself in certain situations. Children can be influenced by their experiences and environment. If you are able to show confidence and kindness your child will see the positive reactions of others.

Disclaimers: This resource is provided for informational and educational purposes only. You must ensure that an adequate risk assessment is carried out prior to using this resource. It is your responsibility to ensure that the information/activity this resource contains are safe and appropriate to use in your situation.