

FOR NEURODIVERSE FAMILIES

# Boosting Your Kid's Confidence

Being neurodivergent is hard on a kid's self-esteem and confidence because they struggle to meet neurotypical expectations and they're often acutely aware that they're different than their peers. Here's how you can help.

*Take a look* →



# 5 Strategies to Boost Your Kid's Confidence

## \* **Lean into a strengths-based approach.**

Highlight strengths and focus heavily on abilities. Use strengths to balance weaknesses.

## \* **Foster a growth mindset.**

Encourage kids to embrace challenges and view them as opportunities for growth, instead of obstacles. Celebrate effort, not achievement.

## \* **Provide opportunities for TIPs: Talents, Interests, and Passions.**

Offer opportunities to nurture your child's interests and things they are good at.

## \* **Make Time-In part of your family culture.**

Spend time with your child or teen without distraction, correction, teaching, or leading. Show interest in their interests, and engage in conversations about their interests. Set an Intention and schedule your Time-In.

## \* **Show your kid that you're human.**

Instead of expecting perfection, show your kid that you're a human being that struggles and makes mistakes too, modeling grit and resilience along the way.

# All of ME

With your child, write all of their characteristics, interests, talents, passions, etc. all around the outline of the person. When complete, reflect on the amount of things that make them who they are and discuss how their struggles are only part of them.




# Things I can't do **YET**

Developing a growth mindset requires knowing that things can improve. Work with your child to list a few things they can't do YET, but want to accomplish. Then help them map out next steps to reach each goal.

I can't .....

..... **YET**

 My next steps to learn are...


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I can't .....

..... **YET**

 My next steps to learn are...


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I can't .....

..... **YET**

 My next steps to learn are...

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# Nurture your kid's Talents, Interests and Passions (TIPs)

List your child's talents and interests and then brainstorm ideas for nurturing those talents and interests.

**\* Talents**  
What is your child good at?  
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**\* Interests**  
What topics is your child interested in?  
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**\* Passions**  
What is your child passionate about?  
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**Ideas to nurture your kid's talents, interests, and passions**  
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