



A FREE HANDBOOK

Raising Confident & Independent Kids

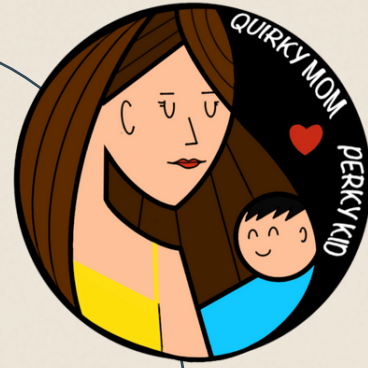
by

Shambhavi Dhanvijay

www.quirkymomperkykid.com



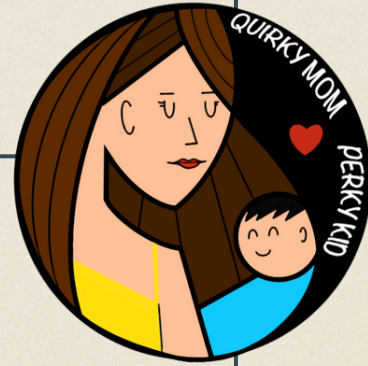
Raising Confident, Leading & Independent Kids



Fostering confidence, leadership skills, and independence in children is a multifaceted process that involves a combination of supportive parenting, positive role modeling, and encouraging various life experiences.

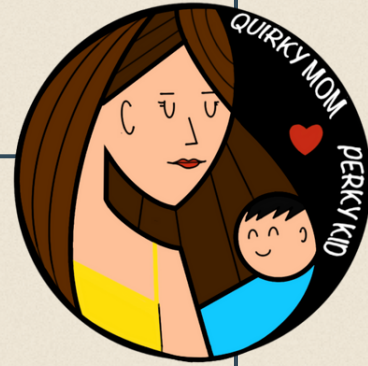


Remember that every child is unique, and the pace at which they develop confidence, leadership skills, and independence may vary. Consistent support, positive reinforcement, and a nurturing environment contribute to the holistic development of your child.



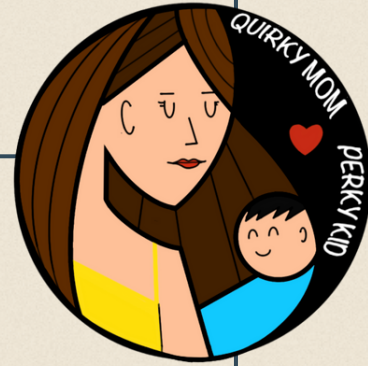
Ways to build Confidence & Leadership in kids

1. Encourage them to believe in their abilities and strengths.
2. Celebrate both small and significant achievements.
3. Teach children that setbacks and failures are part of life.
4. Demonstrate confidence in your own abilities.
5. Offer opportunities for leadership, such as leading a group project, organizing an event, or taking charge of a task.
6. Emphasize the importance of teamwork.
7. Encourage problem solving
8. Foster empathy & compassion
9. Teach effective communication
10. Introduce children to positive role models who demonstrate leadership qualities.



Ways to build Independence in kids

1. Right to first attempt should be with kids
2. Help them to do things of their own instead of doing things for them.
3. Encourage them to do their daily chores on their own like eating/putting away plate/cleaning up after activities/putting away toys/wearing footwear/dressing up etc.
4. Do follow the leader activity where kid will lead and you need to follow – could be game/activity
5. Include them in common discussions/decisions as per age like planning menu, deciding home décor, choosing gift for friends or relatives etc.
6. Let them choose their outfits
7. Let them decide their meal portions as per their hunger



Ways to build Independence in kids

8. Avoid speaking on their behalf. Let your kid express themselves
9. Allow them to take on responsibilities
10. Encourage curiosity and a love for learning.
11. Use activity board to help them track their day to day chores
12. Use Reward board to reward them for their good deeds
13. Teach them about the importance of effort over winning.



About Me

Everyone expects us to be a perfect parent but no one has ever taught us how to be a parent. We all have been using trial and error method by taking in advise from anyone and everyone. I have been there and realized that there is more to it.

I am Shambhavi Dhanvijay, a certified parent coach.

I can help you navigate through 'your' challenges of parenthood offering you tailor made solutions for your family.

I help empower parents to build positive relationships with their children, create effective communication, and foster a healthy family environment.

**Reach out to me for booking a free 20 min
one-on-one session**

Contact Number : +91-9766774338

Instagram: [quirkymom_perkykid](#)

Facebook: [QuirkymomPerkykid](#)

