



# Raising a Confident Child

A Chapter Zero Webinar

# What does a confident child look like?

A confident child is someone who...

<https://www.menti.com/a1hus3a1ic>



Code: 1323 0536

# What does a confident child look like?

Sometimes confidence looks like this...	But it can also look like this...
Trying new things	Taking time to regulate nervousness before trying something new
Doing challenging things	Asking for guidance to do something challenging
Being independent	Being independent AND able to ask for help
Winning competitions and awards	Not defined by external validation
Presenting yourself well	Comfortable in your own skin
Getting along with everyone	Taking time to get to know people
Saying 'yes' to everything	Able to say 'no'
Happy and full of smiles	Comfortable expressing a range of emotions



“

We want our children to feel good about who they are and what they do and not be wracked with envy or relentless competitiveness to prove their self-worth.

— Raising a Secure Child

Think of a  
teacher you  
liked when  
you were  
growing up...

01

**What was he/she like?**

What was it about this teacher that made you like him/her?

02

**His/her influence**

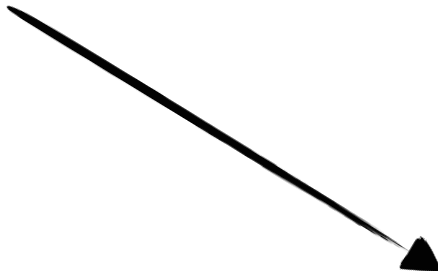
Did you enjoy the subject more as a result of this teacher?

03

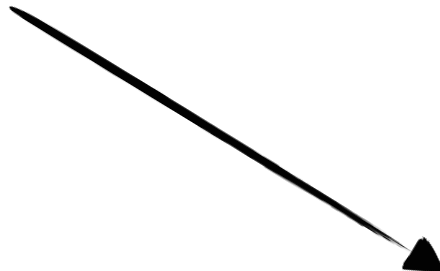
**Your behaviour as a student**

Did you behave differently for this teacher's subject?

**Security**



**Confidence**



**Self-reliance**



Decades of research have now shown that having **a secure attachment** with a primary caregiver leaves children **healthier** and **happier** in virtually every way we measure such things - in **competence** and **self-confidence, empathy** and **compassion, resilience** and **endurance**...in the ability to **regulate emotions**, tap **intellectual capacity**, and preserve **physical health**...in **pursuing** our **life's work** and having a **fulfilling personal life**.

Raising a Secure Child

A **secure attachment** forms naturally when we can...



**Help the child feel safe...**

when frightened or uncomfortable



**Help the child feel secure...**

enough to explore the world,  
essential to growth and  
development.



**Help the child regulate...**

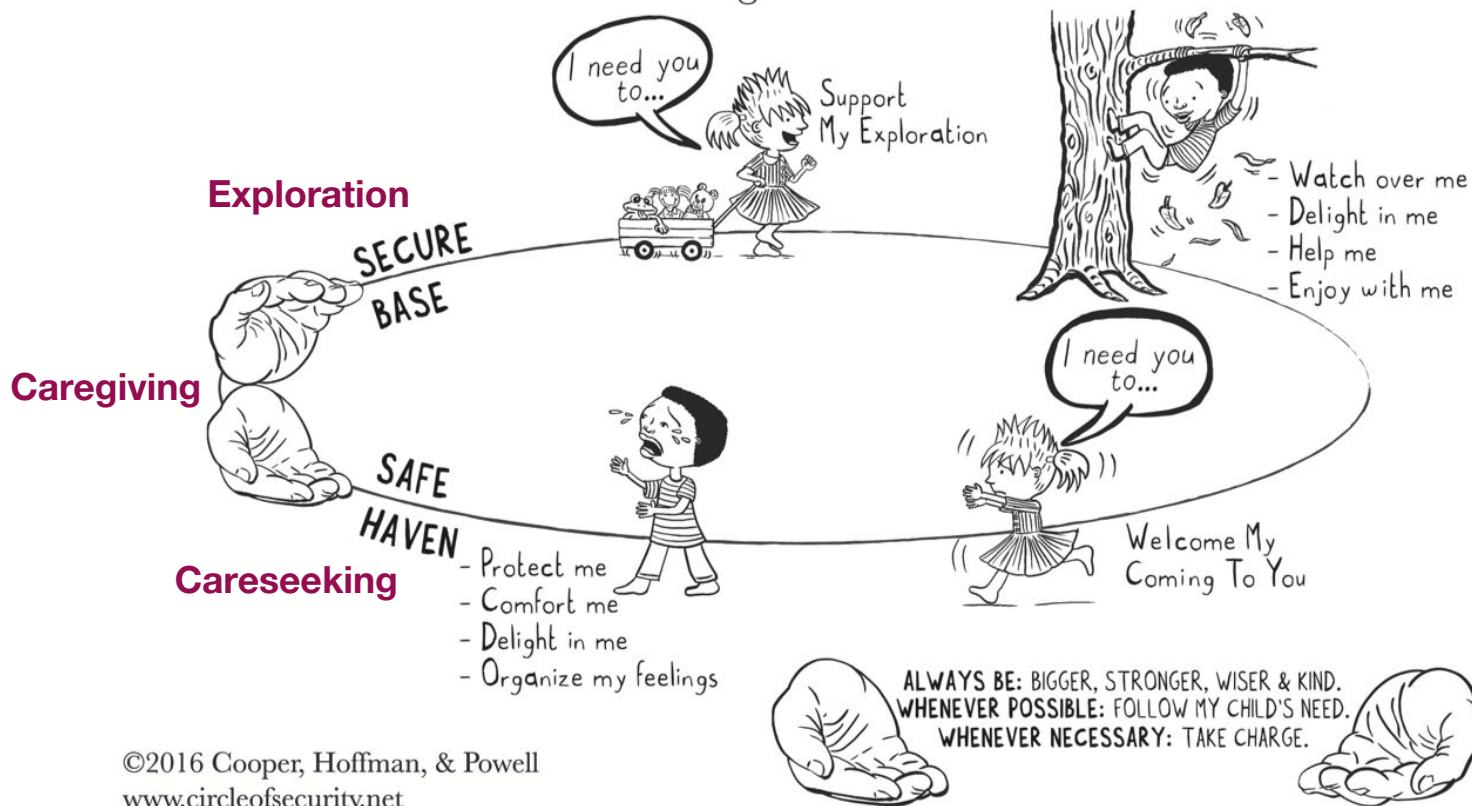
his or her emotional experience.



A map for  
attachment:  
Circle of  
Security

# Circle of Security®

Parent Attending To The Child's Needs

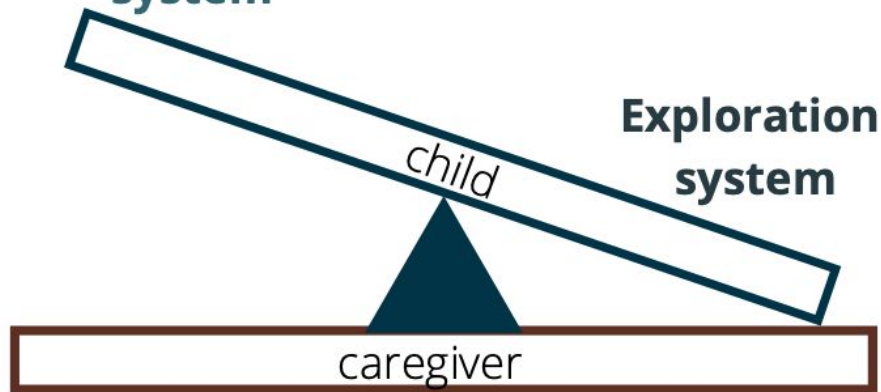


# Attachment



# Exploration

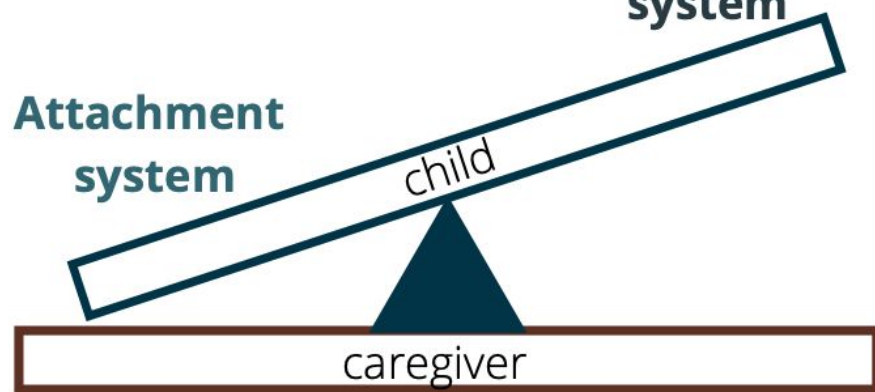
Attachment  
system



*comfort*  
**Safe haven**

Exploration  
system

Attachment  
system



*support exploration*  
**Secure base**



*"It is often not  
attention that  
the child is  
seeking, but  
connection."*

Matt Mager

# Self Reflection

Can you think of an example of your children "**going out to explore**" and coming in to "**fill their cup**"?



# Secure Base



## Watch over me

Just being there. If your child seems contented, observe...



## Delight in me

A warm smile and eye contact when your child looks at you.



## Enjoy with me

Share and enjoy your child's activity without taking over



## Help me

Sometimes children need just enough help to learn something new

# Watch over me

**What it is...**



**Just being there...**

Your relaxed presence makes learning and discovery possible.

**The challenge...**



**Resisting...**

Guiding, teaching, coaxing...

# Delight in me

**What it is...**



**Show delight in the child...**

With warm smile, eye contact

**The challenge...**



**Avoid...**

"Good girl!", "Great job!", "Nice work!"

# Enjoy with me

## What it is...



## Share their activities and adventures...

by playing along, narrating, verbal acknowledgment...

## The challenge...



## Avoid...

Taking over.



# Help me

## What it is...



## Just enough help...

from Mom or Dad to learn to do new tasks or to keep going to experience mastery

## The challenge...



## Avoid...

Offering too much or too little help



# Secure Base



## Watch over me

Just being there. If your child seems contented, observe...



## Delight in me

A warm smile and eye contact when your child looks at you.



## Enjoy with me

Share and enjoy your child's activity without taking over

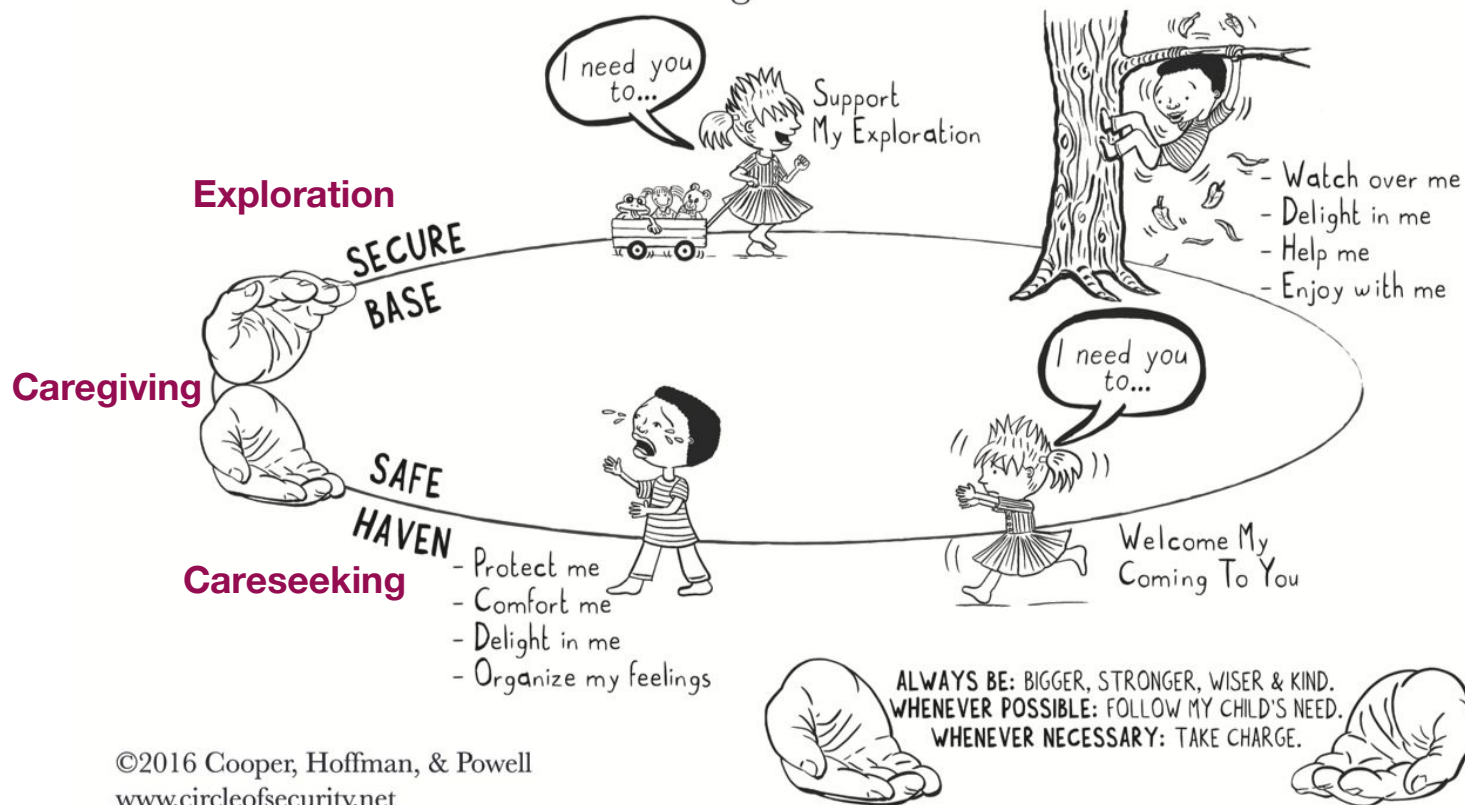


## Help me

Sometimes children need just enough help to learn something new

# Circle of Security®

Parent Attending To The Child's Needs





# Safe Haven



## **Protect me**

Send the message that we are committed to protecting them, that they can count on us.



## **Comfort me**

Be there to ease their physical discomfort but also accept their emotions and help them regulate.



## **Delight in me**

Empathy and acceptance even when they are in distress.



## **Organize my feelings**

Regulate their emotions for them, then with them, and gradually teach them to self-regulate.

# Protect me

## What it is...



## Committing to protect them...

from physical, mental and emotional harm, and they can count on us.

## The challenge...



## Guard against...

imposing our own feelings on them, by thinking they have nothing to fear, or by triggering their alarm.

# Comfort me

## What it is...



## Tenderness and soothing...

that tell them you'll be there to ease their physical discomfort, but also that you accept their emotions and will help them regulate.

## The challenge...



## Guard against...

taking on their feelings yourself.

# Basic Listening

## Silence

### Non-verbal Attending

Appropriate eye-contact  
Nodding  
Leaning forward  
Smiling/frowning  
etc.



### Door openers, Invitations to talk

“Would you like to tell me more?”  
“Do you want to talk about it?”  
“Sounds like you have some big feelings about that.”

### Simple Verbal Acknowledgements

“mm-hmm”, “I see...”, “ah...”

# Active Listening

## Attend

Appropriate eye contact  
Open body posture

## Hear feelings and needs

“You sound worried.  
You’re not sure that you  
will like your new  
school.”



## Feed back your understanding

“You’re anxious because the place is new  
and so big, and you don’t know your  
classmates and teachers.”

## Express empathy and acceptance

# Delight in me

**What it is...**



**An accepting understanding...**

of what they are experiencing and feeling.

**The challenge...**



**Avoid...**

Being clueless or uncaring.

# Organize my feelings

**What it is...**



**Regulating their emotions...**

for them, with them, then gradually teach them skills for self-regulation.

**The challenge...**



**Try to...**

Regulate our own feelings.



# Safe Haven



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“

Children who can use their parents all around the Circle are **more securely attached** and **more resilient** in the face of life's challenges.

— Raising a Secure Child

# 3 important ingredients

```
graph TD; A[3 important ingredients] --> B[child-directed play and learning]; A --> C[acceptance]; A --> D[emotion regulation]; C --> E[being with]; D --> E;
```

**child-  
directed  
play and  
learning**

**acceptance**

**emotion  
regulation**

***being with***



“

When you model **rupture and repair**, you're promoting your child's development of a **reflective self** and paving her way for good relationships throughout life.

— Raising a Secure Child



What is your biggest takeaway from  
the webinar?

# Let's connect!



Thank you for being with us