

# Navigating social challenges leads to increased confidence

When parents are overly involved in their children's social lives, their kids can't develop the confidence and resilience they need to thrive. Swooping in and saving your child from every social challenge won't help her in the long run—it might actually hurt her.

Your child is more likely to establish healthy friendships and feel more sure of herself if she is armed with “social survival” skills. And these skills won't just help her navigate the playground successfully. They'll make her feel more confident in the classroom, too.

To help your child strengthen her social skills:

- Empower her to take action. If she comes to you with a problem, listen closely while she tells you about it. Say, “That sounds frustrating. What did you do next?” Then, give her a chance to find her own solution. Sometimes, all kids need is someone to listen to them.
- Model resilience. Talk about your own struggles and how you faced them. Studies show that when children hear stories about how family members overcame obstacles, they become more resilient in the face of challenges.
- Teach her to be assertive. Help your child learn how to speak up for herself. When she wants something, ask her to make a strong case for it. Or, have a family debate night. When you encourage your child to speak up at home, she'll find her voice at school and in the world!

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