

## Building Confidence in Children

By paying attention to what your children are doing, and engaging with them every day, you can help them build confidence. Kids take notice when you take time out of your day to be present and show an interest in what they are up to.

Affirmations are a great way to give your child positive reinforcement. You can build trust and a stronger bond with your child when you are genuine with your words. The following affirmations can be used to build on your child's confidence, which will help them deal with bullying, being frustrated, receiving peer pressure, and coping with negative emotions.

**Ask Your Child: What makes you the most proud to be you?**

## Paper Plate Flowers

### Materials

- Small paper plates (dessert size)
- Paint (green paint and other desired colors for flower)
- Craft or popsicle stick
- Green paper
- Scissors
- Glue

### Directions

1. Cut small slits around the outside of the paper plate. Once you are finished, go back around and cut another slit near the original cut so that the slits connect and you cut out a small triangle (see image). Your child may need help with the second slit. This makes your flower petals.
2. Paint the craft or popsicle stick green and allow to dry.
3. Paint your paper plate with desired colors and allow to dry.
4. Glue the craft or popsicle stick to the back of the paper plate as the stem.
5. Cut two leaves from the green paper and glue to either side of the popsicle stick.

**Ask Your Child: Can you name the parts of the flower?**

# BUILDING Confidence IN CHILDREN

- You have such a gentle heart
- I'm so proud of who you are
- You will always be my hero
- I will always be there for you
- I love your creativity
- I'm so proud to call you my child
- You were born to do great things
- You're such a quick learner
- Live to be better every day
- You have the best manners
- All your problems have solutions
- You make a great leader
- You are so amazing
- You make me smile
- Thanks for working so hard
- You are such a great kid

## FUN CRAFT ✂



## 11 Vital Parenting Tools to Teach Kids Body Safety

In order to teach children about body safety, there must be consistent conversations about what is right and what is wrong. These 11 tools are critical for parents to teach and educate their kids about body safety and having safe relationships with others.

## PARENTING



- 1. Use proper names of body parts.** As soon as your child learns about their body parts, it is important to use the proper names for private parts.
- 2. Explain body parts are private.** Your child needs to know that their private parts are only for them to see and touch.
- 3. Talk openly about unsafe touching.** Children need to know what is right and wrong not only for themselves, but also how they act toward other people.
- 4. Touching that tickles or feels good is still bad.** A child may get confused when body touching doesn't hurt or feel bad and may actually feel good.
- 5. Pictures of bodies and private parts are never okay.** Be stern with your child when you explain that other children and adults should never take pictures of your body in any state of undress and especially of your private parts.
- 6. Secrets aren't allowed.** Set the standard that any secrets, even if they are threats, are not allowed – especially secrets about body safety and unsafe people.
- 7. Teaching how to listen to gut feelings.** When your child is in a situation that is giving them uneasy feelings, teach them to listen to what their inner voice is telling them.
- 8. Create a code word.** It may be helpful to create a family safe word or code word for your children to use when they feel unsafe.
- 9. Tools for what to do in an unsafe situation.** It can be hard for a child to stand up for themselves and tell people “No” – especially to an adult or peer. Your child needs to know that it's okay to make excuses to leave an unsafe situation.
- 10. Safety rules apply to everyone.** It doesn't matter if you know someone, safety rules apply to everyone you know.
- 11. Children never get in trouble for telling.** Reassure your children they will never get in trouble or punished for telling you about unsafe touching. Parents are here to protect their children and ensure they feel safe at all times.

**Ask Your Child: Can you tell me which body parts are private?**

## Individual Spring Veggie Hummus Cups

### Ingredients

- 6 mini spring-themed cups or “pots” (food-safe and washed thoroughly)
- 1 - 17-oz container of hummus
- Assorted spring veggies (Your choice! Choose fun, colorful, and healthy options your family will enjoy)
- Suggested for May: celery, strawberries, carrots, peas, blueberries, etc.

### Directions:

1. Fill each cup evenly with hummus (about 2 tablespoons each).
2. Top evenly with vegetables to resemble a bountiful flowerpot.
3. Serve immediately.



**Ask Your Child: What is your favorite vegetable?**

## EASY RECIPE