

How to Build Confidence in Your Child

Failure is  to confidence



Mistakes make us human!



Show your children your mistakes and how you overcome them



Mistakes are a chance to learn!



Swooping in to save your children takes away their chance to learn



Making mistakes and learning from them will give our kids MORE self-confidence and resilience!



Perfectionism leads to anxiety and procrastination. 70% is good enough!

What are children's core needs?

Connection → *being listened to*

Take time to engage

- Ask questions and really listen to the responses
- Put away the technology, especially at the dinner table
- Do things together as a family

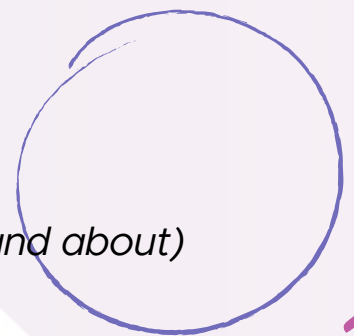


Satisfaction → *opportunities to express oneself*

Do things they love

- Encourage them to spend time doing things that make them feel good
- Praise effort
- Try new things!

Comfort Zone



Safety → *secure attachment (being cared for and about)*

Show your love

- Let your child know you love them no matter what
- Help them to detach their value from their achievements and other people's opinions

Growth 

About Inner Wings

Inner Wings is a charitable foundation based in London, UK. Co-founded by Melissa Di Donato Roos and Darren Roos, Inner Wings' mission is to build confidence in children aged 6 to 12, especially girls. We believe that equipping children with a confidence toolkit - through our range of school programmes, events and children's books - will help them to discover their unlimited potential and pursue their dreams, whatever they may be. This is more critical than ever after the pandemic, which has seen children's mental health significantly impacted by lockdowns, and increased anxiety a prevalent issue.



What we do?

"The children found their superpowers as well as strategies for how to speak out with confidence. It was a really powerful time of growing and self-reflection. I'm amazed at how well they can identify these things in themselves at such a young age."

- Year 3 Teacher, England

Inner Wings' main focus is to bring free confidence-building programmes to primary schools across the UK. 'Finding Your Superpower' supports children to realise their unique potential and to develop a growth mindset. The programme helps children find out what drives them, what makes them feel amazing and what makes them unique. 'Finding Your Voice' is a follow-on public speaking programme that gives children the skills to verbally convey a message, from one-to-one exchanges to large audiences. The programme gives children the tools they need to confidently share their unique voice.

How can Inner Wings help at home?

Online mini-series

Our online Finding Your Superpower mini series is available on YouTube. These five 10-minute sessions can be done at home with your children to help them find their superpower!

Children's books

Our CEO Melissa has written three children's books which aim to build confidence and inspire children to think big! They're available on Amazon (via our website) and 100% of the profits are reinvesting into Inner Wings

