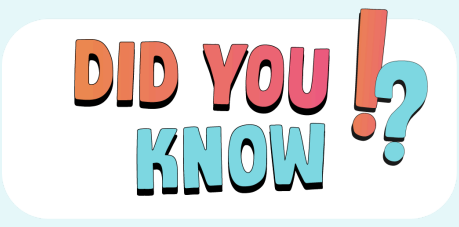




„I can do it!“

When children master challenges on their own, they experience that they can achieve something through their own efforts. These **experiences of success** strengthen their self-confidence and mental health.



You can support this development by believing in your children, encouraging them and praising them for their efforts.

How to Strengthen Self-Efficacy in Your Family

TIPS

... when interacting with your children

– Encourage them to take on challenges

Cook a new recipe together and let your child take on age-appropriate tasks.

– Support rather than take over

Ask your child, “What could you try next?” instead of solving the task for them.

– See mistakes as opportunities to learn

If something doesn't work, think about it together: “What could you do differently next time?”

... for your own health

– Reduce stress

Plan your daily routine consciously and allow yourself small time buffers.

– Set priorities

Focus on what is really important right now.

– Consciously notice successes

Keep track of small steps forward and positive experiences, for example in a success journal.



HEALTH TIP for the whole family

Feelings Detectives

Understanding feelings, resolving conflicts and strengthening confidence in one's own abilities – as “Feelings Detectives”, children can develop these skills playfully in everyday family life. Discover our new health tip and strengthen your child's self-efficacy.

Health Tip

Donation-Shop

Have Fun trying it out!

wishes the Child Health Foundation

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