

6 Ways Your Kids Know You Believe in Them

- 1 Give them responsibility early and often:**

Doesn't matter how old Junior is, there's something he can do to help. Not just chores to keep him busy, but responsibilities the family counts on and that demonstrate you believe he can contribute.
- 2 Hold them accountable (no free pass):**

One message a consequence gives is the belief a child can do better. Not disciplining, or avoiding accountability, gives a clear signal the parents don't believe any more.
- 3 Demonstrate trust:**

Don't just talk the talk, walk the walk. If you say you believe in your daughter, let her make that decision you're worried about. Then allow her to experience the consequence with your care and support. Trust must be offered according to age-appropriate boundaries and with respect to safety. But be generous with your trust.
- 4 Avoid legalism:**

The letter of the law tends to narrow in the absence of belief. Too many nit-picky rules stifle the growth of conscience as well as squash belief.
- 5 Brag on them in public:**

Don't be shy to make sure your children know you believe in them. Don't make stuff up, but be generous in your praise and don't leave any room for doubt. Often the balance is tipped by the confidence we give our children...or fail to give. So don't be guilty of being that parent who is always sucking the air out of your children's sense of self. Here are [10 Specific Compliments to Give your Children](#).
- 6 Don't over help:**

This is huge. Parents who swoop in to fix everything before anything can go wrong are telling kids loud and clear that they don't believe in them to begin with.