



# Confident Children: Help children feel good about themselves

*By Gael Lindenfield*

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**Confident Children: Help children feel good about themselves** By Gael Lindenfield

A parent's guide to helping children feel good about themselves. A new larger format revised edition of the parenting classic

A child's level of confidence is a key factor in forming their personality and confidence in later life. It is crucial for children to learn to love themselves – all adult issues of self-love, positive thinking and clear goals are equally as important for children and it is much easier to learn these attitudes when growing up. This book looks at how to provide a helpful environment for children to grow up with a sense of both inner and self confidence.

Lindenfield also stresses the need for learning about children's health, because problems like bed-wetting and temper tantrums, may be confidence and attention issues. She also focuses on the stress levels of the parent – quelling your own stresses relaxes your child.

The book also includes important sections on giving your child space and freedom, plenty of stimulation and encouragement, communication and ground rules.

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### **Editorial Review**

#### **About the Author**

Gael Lindenfield is the bestselling author of Super Confidence, Assert Yourself, Self Esteem, Self Motivation, The Positive Woman, Managing Anger, Emotional Confidence and Success From Setbacks. She gives workshops throughout the UK and is featured regularly in the media. Her work has been translated into 16 languages.

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