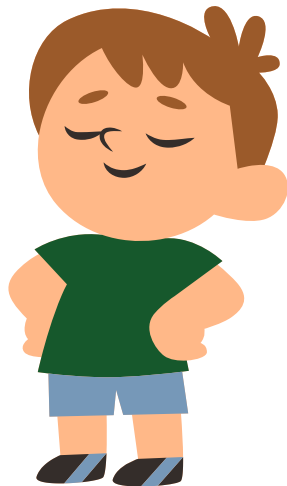




AUPAIR AGENCY

## HOW TO BUILD A TODDLER'S CONFIDENCE

Let them do it on their own when possible



Help them to feel seen, heard, understood and valued



"Sprinkle, 'I love you!' throughout the day"



Avoid fear-based punishment and teaching

Give appropriate chores and responsibilities they can do, such as putting out the napkins, putting toys away, putting shoes away



Focus on the child's efforts, not outcomes

**GREAT EFFORT**