

ALLOW THEM TO BE THEIR AUTHENTIC SELF

Each child has different skills, abilities and ways of doing things so we need to nurture children to become their authentic self and to know that it is okay to be different.



TEACH THEM ABOUT BODY AUTONOMY

It's common to cajole children into giving hugs goodbye but by allowing them not to give a hug if they don't want to, we reinforce the message that their body is theirs.



GIVE THEM CHOICE

Children need guidance and there are times we need to take control so by giving 2 options, you are giving choice, but still controlling the outcome.



BE PRESENT

By giving children our full attention, we are showing them they are important and that we want to hear what they have to say.



TEACH THEM GRATITUDE

By teaching children to be grateful about the small things, we support them to be happier and empowered because they will see the beauty in life.



ALLOW THEM TO FAIL

If we want children to succeed in the future, we need to build their resilience and learn that failure is a part of life.



10 ways to empower children

RESPECT THEM

It's important to ask ourselves how we would feel if we were on the receiving end of our actions and to extend the same respect to children that we would expect ourselves.



CHOOSE WORDS CAREFULLY

If we want children to feel empowered and confident, we need to ensure that the language we use around them instills these values.



SHOW THEM THEY ARE GOOD ENOUGH

Children will be far happier in life if they realise they don't have to be perfect at everything and learn to accept and love themselves - even with their flaws.



ALLOW THEM TO TAKE RISKS

By allowing children to take small risks, we show them that we trust them and this, in turn, builds their self-belief.

