



GROWMIND

PARENTING COLLECTION • VOLUME 2

RAISING CONFIDENT CHILDREN



Build an unshakeable
inner world.

10

EVIDENCE-BASED
TECHNIQUES

+ 30-DAY
ACTION PLAN



✿ FREE SAMPLE ✿

A SHORT TASTE OF THE FULL GUIDE

GROWMIND.STORE

WHAT'S INSIDE

The full guide, at a glance.

- ✦ Research-backed
- ✦ Written for real mums
- ✦ Small, doable steps

For the moments your child says “I can’t” before they’ve even tried.

Raising Confident Children gives you everyday ways to build real self-belief, so they can try hard things, cope with mistakes and back themselves.

THE TEN TECHNIQUES

01 The Confidence Blueprint

02 Praise That Builds

IN THIS SAMPLE

03 Safe to Fail

04 The Power of Voice

05 Body Confidence

06 Social Courage

07 Identity Anchors

08 Assertiveness, Not Aggression

09 The Inner Critic

10 Celebrating Bravery

Plus a 30-day action plan that turns the ten techniques into small steps, week by week. About 15 pages in all.

In this sample: a short version of technique 02 to try tonight, plus the research behind it.

PRAISE THAT BUILDS

Praise the effort, not the label.

02

“You’re so smart!” comes from love, and it’s lovely to say. But praise for being smart can lead children to play it safe and struggle more after a setback. Praising effort and strategy points them to the part they can control.

TRY THIS TONIGHT

- 1

NOTICE ONE MOMENT OF EFFORT

Catch them working at something and say exactly what you saw: “You tried three different ways to fit that piece in.” No big “Amazing!” needed.
- 2

ASK HOW THEY DID IT

“How did you work that out?” Then say their strategy back to them: “So you started with the edges. Good plan.”
- 3

TALK ABOUT THE TRICKY BIT

At bedtime, ask: “What was hard today, and what did you do about it?” Whatever they say, find the effort in it and name it.



WORTH REMEMBERING

*You don’t have to stop saying “Well done.”
Just add one line about what they actually did.*

A short version of technique 02, written for this sample. The full guide has the original, plus nine more.

THE RESEARCH BEHIND IT

Why it's worth trying.

 Real studies, plain words.

How you praise shapes how they handle hard things.

FINDING 01

In studies by Claudia Mueller and Carol Dweck, children praised for being smart went on to choose easier tasks, enjoyed them less and did worse after a setback than children praised for their effort.

Source: Mueller, C. M. & Dweck, C. S. (1998). Journal of Personality and Social Psychology.

FINDING 02

Researchers filmed 53 families at home. Toddlers whose parents praised their effort and strategies were more likely, five years later, to enjoy challenges and believe abilities can grow.

Source: Gunderson, E. A. et al. (2013). Child Development.

These studies back the ideas the guide uses. They weren't studies of the guide itself.

WHAT’S NEXT

WANT THE OTHER NINE?

This sample has one technique. The full guide has ten.

Raising Confident Children gives you all 10 research-backed techniques, each with simple steps to try, plus a 30-day action plan to help them stick. About 15 pages, written for real mums.

THE FULL GUIDE

Raising Confident Children

10 techniques, a 30-day action plan, about 15 pages.

GET THE FULL GUIDE

growmind.store/products/raising-confident-children-a-growmind-guide

NZ\$17

THE GROWMIND BUNDLE

All three guides

-  **Parenting Without Guilt**
For the 10pm replay. Quiet the inner critic and let go of mum guilt.
-  **Mindful Parenting**
For the meltdowns. Stay calm in the moment and coach big feelings.
-  **Raising Confident Children**
For their self-belief. Build resilience, confidence and a growth mindset.

GET THE BUNDLE

growmind.store/products/the-growmind-bundle

NZ\$39

NZ\$53 bought separately

 *You’re doing better than you think.*

This sample is general information, not medical or psychological advice. If you’re struggling, please talk to your GP or a health professional.