

naturally confident kids

by Mary K Weinhagen



It has occurred to me for quite a while that the notion of “parenting” and how it is acted out in today’s society is a bit ‘off’ from being the real “guardians” that I speculate we really intended to be for the young ones in our lives.

A GUARDIANS job is simply to GUIDE.

As parents we develop habits of thought that take us so far beyond the idea of guidance that it seems in many ways, we set ourselves up as a hindrance to our child/ren.

Yesterday I came across an interesting article called [7 Attributes of the Truly Confident Person](#) by Elaine Sihera. It’s a great article, yet as I was reading about the seven attributes she proposes, it occurred to me that most children, left to their own devices, **are that!**



Following that awareness I began to wonder just what it is we, the grownups in their lives, might be doing that could affirm their confidence, and what things we may be doing that shakes their innate confidence.

Really... let’s take a look at it and see if you agree with me that newly born Human Beings are quite naturally capable and already ‘wired’ for all seven — here they are:

Self Love – Truly a crucial attribute, and I quite agree it’s not possible to be happy and confident yet dislike our bodies or ourselves. And I highly doubt that there is a newborn alive who grasps the concept of ‘dislike’ of any part of themselves – so let’s not teach them that.

Self-Belief - Our young ones show us the power of self-belief. Just look at the first couple of years of life, though they have never walked, they believe they can and so they do. Doesn't matter how many times they fall down in the process... they let no reason convince them they can not walk so they walk... and talk... and throw... and pick up... and...

We do not see the "falling down" as an insurmountable crises... we just cope with it by getting up and back on our feet. Anything that seems to block the way can be dealt with... even the one-year-old trying to move past their five-year-old brother who is blocking the path has absolute confidence that they can deal with it!

Comfort in Themselves – As Elaine says, "*Confident people are happy in their own skin*" Have you watched an infant or toddler lately? Especially when they're fresh out of the tub and moving freely? They naturally exude a love for who they are and how they feel... they don't wish to be anyone else and seek no one's approval to be who they are and how they belong.

Self-Awareness – Here we diverge a bit from Ms. Sihera as she talks about confident people being people who know their limitations and their potential. Yet here, as a young human being, when we are rapidly adding to the knowledge-bank in terms of self awareness, I see children naturally tweak and adjust in the direction of their innate strengths, to the point I find myself wondering if we even need to introduce them to the concept of "weakness". Young children have an amazing knack for trying anything, learning something about how it feels to do it the way they are doing it, and repeating the action until they settle on the 'way' that is most comfortable to them. Perhaps we're all born with the wisdom to be self-aware, and understand that there is not a 'right' or 'wrong' way... only a 'better' way for ME. Why squelch that understanding?!?

Fearlessness – Young children provide overwhelming proof that fears are learned. When left to our natural devices we do not have the limiting and paralyzing fears around living our lives to the fullest. We simply dive in! As parents we've let our own fears get in our child's way, thus teaching them fear... a good

guardian would set their own fears aside... and guide their child into listening to their own guidance... fearlessly.



Experiment – Yes, really confident people love to experiment, innovate, create, try new things. And without that willingness to experiment, the human race would have come to a dismal end long ago. When you're a young child each and every day is an experiment. Seems to me if we didn't lose willingness to experiment along with our naturally curiosity we would live far richer lives. Let's not stifle that in our kids.

Happiness - Babies and toddlers are naturally happy with their life. Doesn't mean they never have a sad or upset moment... it's just that it's not the human's natural inclination to stay down. Seems to me with the other six in place, our happiness is likely ensured.

So there you have it, my take on why the 7 attributes of truly confident people are attributes ALL people are most likely born with and could be expressing... if someone, or something, hadn't come along to stifle it.

I'd love to hear your comments no matter what they are! 😊
Have a fun and confident summer (or winter as the case may be)!!!!

Much love and laughter,
Deliberately evolving,

-mary k weinhagen

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EXPECT MIRACLES!
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