



LENA[®]

Build Confidence Through Interactions

Help young children feel valued, confident, and ready to learn!

1: Get Down on Their Level

Show interest and respect by getting down to a child's level when talking with them. Being close and making eye contact also improves communication! For even more impact, use the child's name.

"Olivia, your tower is so tall! How did you build it so high?"

2: Praise Effort

Help children understand that the work they do can lead to the results they want. Learning takes practice!

"You worked really hard on that drawing. What can you tell me about your picture?"

3: Offer Choices

When children practice making decisions, they feel more capable and in control. It also helps them understand and take responsibility for their actions.

"Would you like to use crayons or markers?"

4: Support Challenges

Struggling doesn't have to be a bad thing. Overcoming challenges helps a child build trust in themselves and their abilities.

"You kept trying different ways to build that house until you found one that worked!"

5: Celebrate Small Wins

Small wins lead to bigger achievements. Recognizing a child's growth helps them face additional challenges with a positive mindset.

"You zipped your jacket all by yourself! Now let's try tying your shoes."

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