

## 10 ways to help your child to become assertive

1. Show your child that assertive behaviour is never aggressive.
2. Lead by example – stay calm and keep control.
3. Think first, then act!
4. Encourage your child to see things from different points of view.
5. Listen to your child so he knows that his opinion is important.
6. When your child has a different opinion to you, try to be positive and listen to her thoughts. This is an important step for her to have the confidence to speak about what she thinks.
7. Create an atmosphere at home where your child can say 'no' to things, but point out that sometimes we each have to do things we don't want to!
8. Ask your child what they think about things – help them get used to having an opinion and sharing it.
9. If your child changes his mind about what he feels or thinks, help him to see that this is an important and valuable part of thinking. We all have the right to change our mind!
10. Encourage your child to take responsibility for her errors, but not to take responsibility for something that was not her fault.