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Fear of Failure

Is your child timid to try new things?

Children can view new experiences as exciting challenges – or as insurmountable obstacles. It's all in the attitude.

The fear of failure is a powerful deterrent to trying new things and gaining new skills. It contributes to feelings of low self-esteem. It is a stumbling block that must be overcome in a positive way.

If a child is easily overwhelmed, it is important to introduce new concepts and experiences step by step.

Try this confidence-building exercise at home:

Pick a new or difficult project. Make sure it's realistic and age-appropriate. Good examples may be: building something, earning money to buy a toy, creating an art or writing project, adopting a pet.

1. Discuss with your child what his or her fears may be about the project. How would they feel if they faced their fears and completed the project successfully?
2. Make an agreement that you will do whatever it takes to help your child be successful, as long as they are completing the project, not the parent.
3. Outline the project – materials, money, time, research, parental help, etc.
4. Take it step by step and check off each step as it is accomplished.
5. Find simple rewards for reaching each critical juncture in the project-celebrate the small achievements.
6. What would be a really fun way to celebrate successfully completing the whole project?

This is a very powerful component of Blue Wave martial arts – building skills layer by layer and rewarding successful progress. We do this in class through testing for belts, patches, and stripes. It is a gradual process of constructive support until they reach the ultimate goal of becoming a Black Belt.

Along the way, they learn another vital skill, perhaps more important than their martial arts techniques...They learn they can tackle a new challenge – and succeed. It is a skill that will give them the tools to build a successful future in Martial Arts, at School and in life as well.

To register for our free, no obligation, 30-day trial program – send an email to taekwondoexpert or call us at 207-540-3807

Julienne Begin – Inspiring Confident Kids