



FREE PARENT GUIDE

Building Real Confidence at Home

A practical, honest guide for parents of children and teens — plus your free **Confidence Booster Checklist** and a look at what comes next.

RISE WITHIN. SOAR BEYOND.

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Why This Guide Exists

If you're reading this, you've probably already noticed it — the hesitation before your child tries something new, the need for constant reassurance, or the way one wrong answer at school can unravel their whole afternoon. You're not imagining it, and you haven't done anything wrong. Confidence is something almost every parent worries about at some point, because it genuinely shapes how kids handle everything from friendships to failure.

At Uraan Minds Coaching, this is what we spend our days thinking about. Our mission is simple to say and harder to live out: help children, teens and families rise above whatever they're facing and reach their full potential — not through lectures, but through mindset coaching, real-life skills and emotional wellbeing practices that actually hold up under normal, everyday pressure.

This guide is a small piece of that work, offered freely to any parent who wants it. It won't fix everything overnight, and it isn't meant to. But the ideas inside are the same ones we use with the families we coach directly, distilled down to what you can start using tonight, at your own kitchen table.

"We don't just teach skills — we help every child discover the strength they already carry."

Myths vs. Truths

A lot of well-meaning advice about building confidence turns out to be a little off once you actually look closely at it. Here's what tends to hold up, and what doesn't.

THE MYTH	THE TRUTH
Confident kids never feel nervous or unsure.	Confident kids feel nervous too — they've just learned to act despite it.
Praising a child constantly builds their confidence.	Praising effort and strategy builds confidence; praising only outcomes makes it fragile.
Protecting kids from failure protects their confidence.	Confidence is built by recovering from small, safe failures — not by avoiding them.
Confidence is a fixed personality trait.	Confidence is a skill, built through repeated small "brave tries," at any age.
A confident child is always the loudest in the room.	Real confidence is often quiet — it looks like steadiness, not volume.

WHAT TO LOOK FOR

Signs Your Child's Confidence Is Growing

Confidence rarely arrives all at once. It sneaks in through small, easy-to-miss moments — here's what to watch for.

- ☐ They try something new, even if they might not be good at it right away
- ☐ They compare themselves to who they were, not just to other kids
- ☐ A mistake feels like information, not a verdict on their worth
- ☐ They recover from disappointment a little faster than before
- ☐ They can say "I don't know" or "I need help" without shame
- ☐ They can sit with an uncomfortable feeling without needing it fixed instantly
- ☐ They speak up in a group, even if their voice shakes a little
- ☐ They advocate for something they want or need, calmly and clearly

You don't need all eight signs at once. Even one or two showing up more often is real, measurable progress — the kind we love hearing about from parents in our programs.

5 Everyday Ways to Build Confidence at Home

01 Praise the effort, not just the result

Try "I saw how hard you worked on that" instead of only celebrating the win. It teaches your child that trying is worth doing regardless of outcome.

02 Let small struggles happen

Resist stepping in at the first sign of difficulty. A manageable struggle, worked through independently, is where real confidence is built.

03 Name specific strengths, often

Generic praise ("good job!") fades quickly. Specific praise ("you stayed so patient while that was tricky") gives your child language for their own strengths.

04 Share your own "brave tries"

Tell your child about a time you tried something and it didn't go perfectly. It normalises imperfect effort as something adults do too, not just kids.

05 Ask, don't rescue

When your child hits a problem, try "what do you think you could try?" before offering the answer. It builds their own problem-solving confidence.

These five ideas are a genuine starting point — and honestly, just the surface of what we work through, week by week, inside our Kids and Teen Coaching Programs.

The Confidence Booster Checklist — Daily

Small, repeated moments build confidence faster than big occasional gestures. Tick off the ones you try this week — there's no need to do all of them, every day.

- ☐ Ask one open question about their day — "what was the best and hardest part?"
- ☐ Notice and name one specific effort you saw, out loud
- ☐ Let one small task be theirs to finish, without stepping in
- ☐ Avoid rescuing from one small, safe struggle today
- ☐ Share one thing you found hard today, and how you handled it
- ☐ Say "I believe you can figure this out" instead of giving the answer
- ☐ Give one piece of feedback framed as "next time, try..." rather than criticism
- ☐ Celebrate one brave try, regardless of the outcome
- ☐ Give a hug, high-five or genuine smile with no correction attached
- ☐ End the day naming one thing you're proud of them for

The Confidence Booster Checklist — Weekly

These take a little more time, but build confidence at a deeper level. Aim for two or three a week.

- ☐ Try a new activity together where neither of you is naturally good at it
- ☐ Ask your child to teach you something they know how to do
- ☐ Give them a real decision to make and stick with the outcome
- ☐ Have a conversation about a time you failed at something and what you learned
- ☐ Let them handle a minor conflict (with a sibling, a friend) without your input first
- ☐ Write or say one specific strength you've noticed growing in them this week

7-DAY TRACKER

MON	TUE	WED	THU	FRI	SAT	SUN

Jot a checkmark or a quick note in each box for the moments you try above.

QUICK REFERENCE

Words That Build, Words That Break

The exact same intention can land very differently depending on the words used. Here are a few swaps worth practising.

INSTEAD OF...	TRY...
"You're so smart / talented."	"I love how hard you worked on that."
"Don't worry, it's not a big deal."	"That sounds like it really mattered to you."
"Here, let me just do it."	"What do you think you could try first?"
"Why would you do that?"	"Help me understand what happened."
"You always / you never..."	"I noticed this happened again — let's figure it out."
"Stop being scared, it's easy."	"It's okay to feel nervous and try anyway."

WHEN YOU'RE READY FOR MORE

Beyond This Guide

This guide gives you a genuine starting toolkit. If you find yourself wanting something more structured — a real program to work through together, not just a page of tips — here's where our coaching goes next.

01 Kids Coaching Program (Ages 6–12)

A 12-module guided adventure through confidence, growth, resilience, purpose, learning and wellbeing — built for young kids, with activities that don't feel like homework.

02 Teen Coaching Program (Ages 13–18)

Twelve modules that go deeper into self-awareness, resilience, communication and purpose — written for the way teens actually think and talk, not a watered-down version of adult content.

03 Emotional Regulation Toolkit

Ten practical tools for the moments when big feelings take over — for kids, teens, and honestly, most parents too.

04 30-Day Confidence Challenge

One small, brave action a day, for thirty days. Nothing dramatic — just consistent enough to actually change something.

05 1:1 & Family Coaching Sessions

Sometimes a guide isn't enough, and that's completely alright. Our coaches work directly with your family, at whatever pace feels right for you.

Urban Minds Coaching - Free Parent Guide

OUR MISSION

Why "Uraan"

Uraan means flight. It's the word we chose because it says exactly what we believe: every child already has the capacity to rise — they just sometimes need the right support to find it.

Founded by Sonika Madan, an educator and mindset coach with 24+ years of experience, alongside Naveen Madan, Uraan Minds Coaching exists to help children, teens and families build the confidence, resilience and emotional skills that carry them well beyond childhood. We're based in Sydney, working with families who want more than generic advice — real tools, used consistently, that actually change how a household feels day to day.

Empowering children, teens and families to rise above challenges and reach their full potential.

If this guide has been useful, that's exactly what it's meant to do. And if you're ready for more hands-on support, we'd be glad to help you take the next step.

YOUR NEXT STEP

Let's Talk About Your Family

You've just read the free version. If even one part of this guide resonated, imagine what a program built specifically around your child could do.

Book a free, no-obligation twenty-minute discovery call, and let's figure out which program actually fits your family — not just which one we'd like to sell you.

Ready to get started?

Book your free discovery call today — twenty minutes, no obligation.

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**Your child has always had wings.
This guide is here to help them use them.**

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