



Little 1s Daycare

Monthly Newsletter

December 2017

5 Simple Tips To Make Your Kids Overcome Shyness

1. Have A Talk:

A lot of kids tend to develop shyness owing to some deep rooted problems. While most of these tend to arise from family issues, it may not be the same in case of older kids.

- Check with your kid's class teacher to note how he is at school and if he interacts with others.
- Sexual abuse, divorce, fights and verbal abuse tend to make kids submissive and shy. Make sure your kid is protected against all these potential triggers.
- If your kid has faced some major trauma during the initial stages of his life, you may need to seek professional help to deal with the condition.

2. Empathize:

There's a difference between sympathy and empathy, so make sure you don't go the wrong way with this one. Sympathizing with your kid will make him feel more ashamed of himself. This will make him even more submissive and shy.

- Avoid demonstrating judgmental behavior at all costs.
- Empathize with him and explain that he is a wonderful human being.
- Tell him he doesn't need to feel bad about himself.
- Encourage him for his achievements.
- Constantly tell him why you feel he is the best kid in the world for you.

3. Discover His Strengths:

A lot of kids tend to be shy because they lack motivation and confidence on themselves.

- Help him uncover his strengths as an individual.
- Point out the good things and qualities he has.
- This will encourage him to build his own identity.
- Every kid is inclined towards a particular activity that he is most likely to be comfortable with.
- Find out what your kid enjoys and encourage him towards it.



4. Encourage Interaction:

One of the best ways to help your kid open up and speak his mind is to encourage him to interact with kids of his age.

- Invite a few of his kindergarten friends, classmates or even cousins. Try to put them together in situations where your kid is more likely to be in control and authority.
- This will help your kid learn to play his own part as an individual and help him open up and interact with others.

5. Don't Label Him:

Probably the worst mistake while dealing with your child is to label him in any manner.' This is particularly in case of social gatherings. Labelling your kid as 'shy' will make him lose confidence in himself.

- Look for situations he has handled himself.
- Explain to him how proud you were of having him face the situation himself.
- Encourage such behavior without being pushy.
- Following these tips will help you develop your child's self-confidence. It will help your kid interact with other kids and enjoy some of the most beautiful years of his life at the fullest.

Get more involved in your kid's activities, which is undoubtedly one of the best ways to overcome kids shyness and will also build a healthy mother-child relationship.



What's Up at little1s

1. Pre k students spent an amazing time at the field trip to Fantasy Stationary.
2. Animals Day went successfully and all children had a chance to meet many different kinds of animals.