

如何從小建立自信？



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資料來源：雅士圖國際幼稚園校監胡善盈校監

家長可能會問有甚麼提示可以幫助小朋友從小容易建立自信？我認為年紀小的小朋友是很需要愛，他可能比較自我，可能很著重自己與照顧者的關係，所以我覺得與父母及照顧者的關係很重要。如果他對周邊的人有足夠信任，都會令到他日後與他周邊的人建立關係時更容易。

第二點就是很多家長，現在會經常去Play Group。很多時候家長帶小朋友到親子班，可以完全不跟其他小朋友有交流，都能結束親子班。所以很多時候家長說不如多些帶他外出玩，其實多些外出玩或者多到Play Group，不等於小朋友的社交能力或需要與小朋友的社交機會會增加。以學校Play Group為例，學校盡量都會鼓勵小朋友之間多些互動，例如交換一些物件，甚至是照顧身邊的人。希望小朋友懂得分享或照顧其他人，這些會幫助他以後建立人與人之間的社交關係。



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有一樣事情家長也可以做到，就是由生活開始建立他們的社交能力。譬如當帶小朋友外出時，在日常生活看見的人，例如鄰居、樓下保安，甚至超級市場附近的姨姨，可以多些打招呼。可能嬰兒時期用手勢開始，到能運用言語開始每天都做，這可以成為與人建立關係的習慣。



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最後一件事很多家長未必有留意，其實以我的經驗，很多比較內斂或者少說話，或是未必那麼外向的小朋友。你會發現很多時候，他們的爸爸或媽媽都有類似的性格，所以我自己覺得身教很重要。爸爸媽媽可以不妨嘗試，自己踏出第一步，因為幼兒很多時候學習是靠模仿開始。家長不妨調節自己的期望，如果爸爸媽媽其中一方，未必是一個外向性格的人。我覺得都不需要給自己或小朋友太大壓力，要變得特別外向。

How to build self-confidence from a young age?



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Source: Aristotle International Kindergarten, School Supervisor, Vivian Wu
Parents may ask what tips are available to help children build confidence easily from a young age. I think young children need love. He may be more self-centered and place a lot of emphasis on his relationship with his caregivers, so I think relationships with parents and caregivers are very important. If he has enough trust in the people around him, it will be easier for him to build relationships with the people around him in the future.

The second point is that many parents now go to play groups more often, and often parents take their children to parent-child classes and can finish them without interacting with other children at all. So many times, parents say it is better to take him out to play more often. In fact, going out to play more often or going to play groups more often does not mean that the child's social skills or the need to socialize with other children will increase. Take the school's Play Group as an example; the school will try to encourage more interaction between children, such as exchanging objects or even taking care of the people around them. It is hoped that children will know how to share or take care of others, which will help them build social relationships with others in the future.



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One thing that parents can do is to start building their social skills early in life. For example, when you take your child out, you can greet people you see in your daily life, such as neighbors, security guards downstairs, or even your aunt near the supermarket. Perhaps starting with gestures as an infant and then using words every day can become a habit of building relationships with people.



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The last thing that many parents may not have noticed is that, in my experience, many children who are more introverted or less talkative, or who may not be so outgoing, You will often find that their fathers or mothers have similar personalities, so I think it is important to teach by example. Parents may want to try to take the first step themselves because children often learn by imitation. Parents may want to adjust their own expectations if one of the parents is not an extrovert. I don't think you need to put too much pressure on yourself or your child to become particularly extroverted.