



**A PARENT'S
GUIDE**
TO
RAISING A
HAPPY
AND
CONFIDENT
CHILD

WORKSHEET

Raising a child is challenging. Raising a happy and confident child is even more challenging!
Each child is different and will require a unique approach.

Answer these questions to gain a better perspective of your situation.

1. How do I define success? What traits and skills does my child need to be happy, confident, and successful?

2. What are my child's strengths and weaknesses?

3. What experiences from my own childhood are relevant? What did my parents do well?
What could they have done better?

4. How can I help my child to be more successful in school?

5. How can I help my child develop better social skills?

6. What are five goals that would be appropriate for my child to achieve?

7. What are my child's greatest fears? How can I help?
