

Confident Communication:

Speaking and acting with self-assurance.

Dear Parents,

As unfair as it may sound, how you say something can be more important than what you say. This goes for children and adults. Even in elementary school, being able to speak and act with confidence is an indispensable skill since people judge us by our volume, tone and even pitch. When we speak with confidence, our volume, tone and pitch are modulated to fit the situation.

Think of the people you work or socialize with on a daily basis. Have you ever had one who constantly speaks loudly? You may think of loud as being confident, but people tend to block it out because it is overbearing to our senses. Learning to use your voice and body language is extremely advantageous.

What can parents and caregivers do to help their children develop confident communication habits?

Compliment appropriate volume. When our class is doing something that requires yelling, after class, point out how proud you were to be able to hear your child's shout. It has probably gotten stronger since the first class when your child shouted, "Yes, sir/ma'am!" That is a measurable progress in your child's confidence.

Use your own speech. Having to remind children to use an indoor voice is common. One way is for you to quietly voice your request, but use the tone needed to give the appropriate meaning. Then point out to your child that he or she understood the meaning even though you were quiet.

PRACTICE! Teach your child that preparation is necessary. If your child is nervous about a spelling bee, book report or math quiz, help your child practice. Your child will be less nervous and prepared.

Discourage negative thoughts. "I'm stupid!" "She's better!" We all think those words at times. Never compare your children to other children or siblings but comment on each child's strengths.

This month our weekly lessons will cover:

Week One:

"It is not the mountain we conquer but ourselves."

Edmund Hillary

Week Two:

"Whatever you say, say it with conviction."

Mark Twain

Week Three:

"Confidence is preparation. Everything else is beyond your control."

Richard Kline

Week Four:

"Men harm others by their deeds, themselves by their thoughts."

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