

Believing in the Child



Pause.
Notice.
Believe.

Belief should make children feel safe, not pressured.

Every child has strengths that deserve to be noticed.

Sometimes they are obvious.

Sometimes they are quiet.

Belief begins by seeing who the child already is,
not just who we hope they might become.

What do I already see?



I notice this child's strengths...



They seem most confident when...



Their interests include...



One quiet success I've noticed...



Something I appreciate about who they are...



Belief begins by seeing the child clearly.

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♥
Hope.
Support.
Possibility.

Belief should make children feel safe, not pressured.



Belief says...



"I wonder what is possible."



"I'll help you discover your own way."



"You are already enough."



"We can take our time."



"You don't have to do this alone."



Expectation says...



"You should be able to..."



"I know you can..."



"Don't waste your potential."



"Keep pushing."



"Prove everyone wrong."

Before I encourage...

Ask yourself:

☐

Am I noticing effort?

☐

Am I respecting capacity?

☐

Am I allowing different pathways?

☐

Would this child still feel valued if this didn't work?

♥
Belief opens possibility. Pressure narrows it.

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Belief should make children feel safe, not pressured.

Children are more willing to try when they know success is **not the only way to be valued**.

What helps this child feel safe to try?



Time

Time to adjust, learn and build confidence at their own pace.



Choice

Choice helps them feel in control and more willing to try.



Breaks

Breaks prevent overwhelm and help them reset.



Support

The right support makes challenges feel less scary.



Reassurance

Reassurance builds safety and helps them keep going.



Different pathways

Different pathways lead to growth too. There is more than one way forward.

“

Belief is not about expecting a perfect outcome.

It is about staying beside a child while they discover who they are becoming.

”

This child needs to know...



You are valued whether this works or not.



You don't have to prove your worth.



I believe in you, even on the hard days.



We'll keep learning together.

The best belief gives children room to grow without asking them to prove their worth.