

4 WAYS TO HELP CHILDREN EXPRESS THEMSELVES:

#1

Listen, this will allow them to feel more confident and comfortable to try new things.

#2

Encourage them to make a list of positive things about themselves.

#3

Try new activities , this could help increase their confidence as they may discover new talents or skills.

#4

Encourage them to express feelings whether it's through discussion, art, play, music or poetry. Whatever helps them to be heard!



ECP
Education Child
Protection

