



Kids grow in confidence

CONFIDENCE can help children face their fears, be that in the classroom, the playground or outside school.

This week, *Classmate* spoke to Charles Darwin University (CDU) expert Bonnie Moss about how children can boost their self-esteem.

CDU launched the new Let's Start program this year aimed at doing exactly that.

How can confidence make a difference for primary school students?

Everyone wants children to be able to get along with others and be confident in social situations. Some children need support to build strong social and emotional relationships. Problems may take the form of "acting out" behaviours such as hurting others, strong tantrums and defiant acts. "Acting in" behaviours include being shy, withdrawn, acting worried or finding it difficult to form friendships.

What is the Let's Start program?

CDU Let's Start Program offers a helping hand for parents and schools to reduce worrying social and emotional behaviours for children.

The program is a fun, activity-based group program that has been especially designed for pre-school and the early years of school (4 to 6 year olds). Involves six to eight children and parents, participating in a 10-week program.

The program aims to enhance self-esteem and decrease problematic behaviour.

For more information call Bonnie Moss on 8946 7001.