THE FUNDAMENTALS OF FATHERHOOD

BUILDING SELF-CONFIDENCE



6

MODULE

DEVELOPING A PLAYER A+

A big part of a coach's job is to maintain positive morale with his players, both as a team and as individuals. When a player feels his work isn't appreciated, when he feels disrespected, or when he feels his coach does not like him, his performance in games will suffer.

Much like coaching a team, raising a healthy family is dependent on positive perceptions. Children need help and attention to foster and maintain confidence because they rely on their parents or caregivers to tell them almost everything they know about the world. This includes how to feel about themselves.

Directions: Coaches from the clip listed **five** coaching behaviors that help develop self-confidence in players. In the space below each term, define it in your own words. Think: *What boosts my own self-confidence? What boosts the self-confidence of my children?*

1. **Hard work = greater confidence.**
2. **Practice accountability for the things in one's control.**
3. **Self-confidence begins with relationship and preparation.**
4. **Create/support an environment of learning and growth.**
5. **Reinforce open dialogue and routine.**

What other coaching behaviors can develop self-confidence in players?

SELF-CONFIDENCE PAIR-SHARE

Directions: Partner up with a dad who has a child in the same age group as you. The person whose birthday comes next will go first. Answer the following question, then switch. Write down the answers that resonate with you in the space below.

What boosts my self-confidence?	*What might boost my child's confidence?*	*What overlaps exist?*

DEPENDING & CARING

The formula for self-confidence might look like this:
Self confidence = Challenge + struggle + persistence + achievement (with support).
Celebrate successes with your child and watch how they attribute that achievement to their value.

Directions: Break into small groups with men who have a child in the same age group as you. Together construct a list of age-appropriate **chores** in the space below. Be prepared to share your answers. Remember: One of the ways to love your child is to give them **challenging** work to do, allowing them to struggle—and perhaps even fail.

AGE:

1.	4.	7.
2.	5.	8.
3.	6.	9.

RELATIONAL ACCOUNTABILITY

The best coaches use a combination of encouraging words and accountability to achieve the outcomes they hope to see. Effective fathers do the same thing.

Directions: Compose a relational accountability statement for each of the **tasks** you want your child to accomplish below.

Clean up after a meal: _____

_____

_____

Clean their room: _____

_____

_____

Empty all the wastebaskets in the house: _____

_____

_____

Clean up after a pet: _____

_____

_____



Confidence translates to ability

"Confidence is a by-product of preparation. Whatever you're doing over and over again, you will revert to in a stressful environment."

- Coach Chuck Hepola

A DISCIPLINED PLAYER

It may seem strange to think of discipline, correction, or consequences as tools for self-confidence, but they're **essential**. A disciplined player respects authority and understands the potential consequences of his actions on himself and others.

Directions: Read each of the following scenarios and talk about proportional reactions, potential responses, and reasonable consequences—ones that help a child grow in **self-management** and **self-confidence**. In the space to the right of the scenario, describe an appropriate reaction and route of discipline. Be prepared to share your answers. Scenario 1 is done for you.

SCENARIO 1

Your son, Javier, is four years old. He doesn't like sitting still in the shopping cart during trips to the grocery store. He acts out when he sees the bright colors of cereal boxes and potato chip bags, and he cries when you don't buy him what he wants. The situation boils over at the check-out line: Javier throws a tantrum when you say "no" to a candy bar. Javier's behavior is embarrassing, and other people in line are staring. **How will you react and discipline Javier when he is cranky and you're in a public setting?**

Sitting still in a shopping cart isn't easy for a child Javier's age. Engaging him in conversation or otherwise distracting him may help avoid tears. It may be preferable to not bring a young child into the store, especially if they are cranky or hungry.

The most important thing to remember is that a tantrum (or any undesirable behavior) should not be rewarded. If two adults are present, one can take him to the car. If that's not possible, avoid reacting to his tantrum while in line. Once you're out of the store, tell Javier his behavior is unacceptable and consider imposing an appropriate consequence. The reward for good behavior in a store may be a treat, but Javier can't cry his way to a reward.

SCENARIO 2

Your twin daughters, Ava and Mia, are 11 years old. After school, you and the girls sit down to work on homework together. Ava makes fun of Mia when she struggles with her work. "Geez, you're dumb," she says. You tell Ava that you won't stand for disrespectful words in your house, but a few minutes later you hear Ava snickering when Mia has trouble with her multiplication tables. **How will you react to Ava's actions? What are reasonable consequences?**

SCENARIO 3

Your daughter, Vanessa, is 15 years old. You suspect she's been sneaking out of the house past curfew on school nights. You've confronted her twice to ask her if she's sneaking out. Both times she said she wasn't, and that you were just being paranoid. In the middle of the night a few days later, you awaken to the sound of a window opening. You go investigate, only to catch Vanessa sneaking out of her bedroom window. **How will you react and discipline Vanessa when you find out that she broke the rules and lied to you?**

SCENARIO 4

Your daughter, Tasha, plays too rough with her younger brother, Jay. She's eight years old, and Jay thinks he can keep up with her, even though he's only five. Tasha peer-pressures Jay into doing daring feats during outdoor playtime, like jumping out of trees or speeding down the street on bicycles. You've done your best to explain to Tasha how she must be careful when she plays with Jay, but you're not sure Tasha really understands. Jay enters the home one afternoon crying. He tells you Tasha tripped him while the two were playing. **How will you react and discipline Tasha when she's repeatedly gone against your wishes?**

SCENARIO 5

Your son, Shane, is 13. His eighth-grade teacher has started calling you with behavioral concerns. Shane is not listening to directions, is distracting other students during lessons, and has talked back to the teacher on multiple occasions. You've told Shane over and over that he'd better shape up at school, but the calls are getting more frequent. You're embarrassed that Shane is giving his teachers a hard time, and now they want you to come to the school for a meeting. **How will you respond to Shane when other adults are involved in the situation?**

FOR THE GOOD OF THE TEAM

Navigating different discipline scenarios is rarely easy. Perhaps you considered how the age of the children would affect their interpretation of various consequences.

There isn't one right answer for discipline, correction or consequences. The most important aspects to consider, for coaches and for fathers, are ensuring discipline is consistent, proportional and respectful. In the space provided for Self-Confidence Takeaways, write on one or more of the following questions:



Do I possess the self-confidence to discipline my children appropriately?

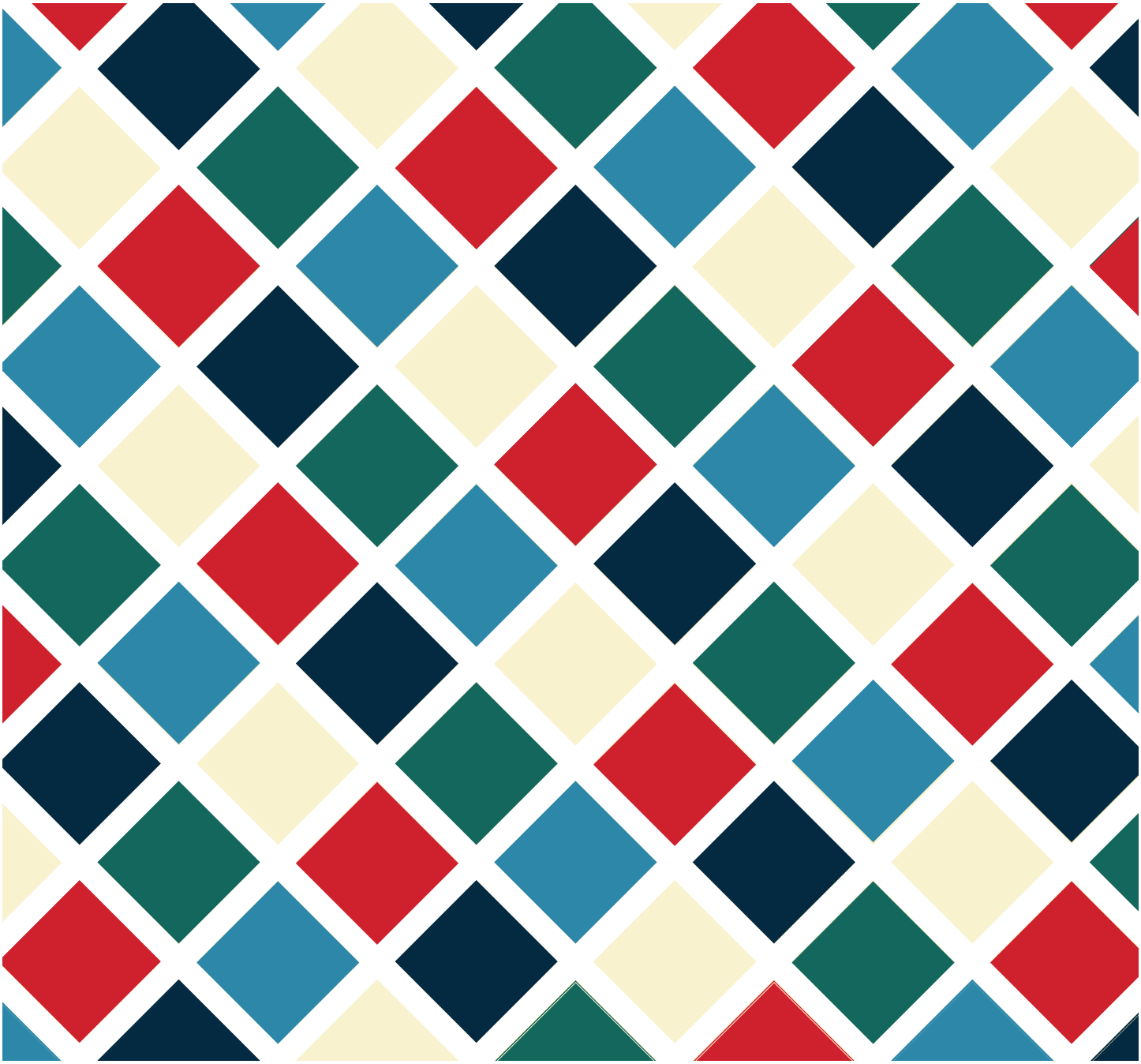
Which area of care comes most naturally to me? Which area of care seems most challenging?

In what ways were my discipline brainstorms related to the behavior?

In what ways were my discipline brainstorms respectful to the child?

In what ways were my discipline brainstorms reasonable for the child?

Use the space below for your Self-Confidence Takeaways.



YOUNGBLOOD

KIA NISSAN

GOOD DADS

"Helping Kids One Dad at a Time"

205 West Walnut Street, Suite 10
Springfield, MO 65806
417.501.8867
www.gooddads.com

Fundamentals of Fatherhood© is the intellectual property of Good Dads. Curriculum development by Jennifer L. Baker PsyD MFT, Drew Dilisio MS, and Diana Dudenhoeffer. *Fundamentals of Fatherhood* is underwritten by Youngblood Auto Group. Page design by Diana Dudenhoeffer. Video production by Nathan Springer. Cover photo by Michael Morse from Pexels.

Special thanks to coaches Dave Collins, Corey Gipson, Chuck Hepola, Jon Leamy, Scott Nasby, and Frank Tristan. Printed by Liberty Press in Springfield, Missouri.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without prior written permission of the publisher, except in the case of brief quotations embodied in reviews and certain other non-commercial uses permitted by copyright law.