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A Little Monster's

GUIDE TO CONFIDENCE



Emily Snape

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An Hachette UK Company
www.hachette.co.uk

Vie Books, an imprint of Summersdale Publishers
Part of Octopus Publishing Group Limited
Carmelite House
50 Victoria Embankment
LONDON
EC4Y 0DZ
UK

www.summersdale.com

Printed and bound in China

ISBN: 978-1-83799-209-6

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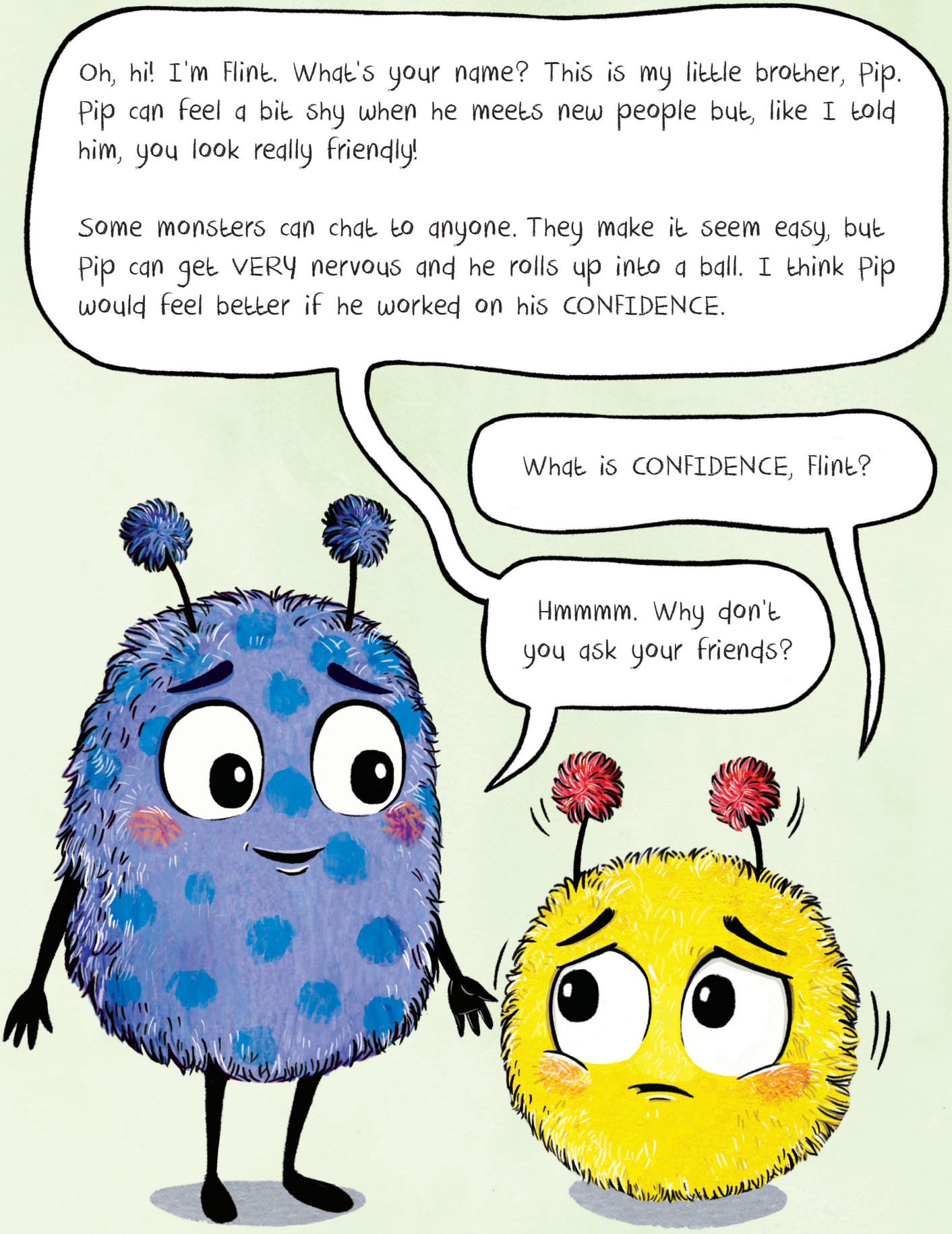
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Note to parents and carers

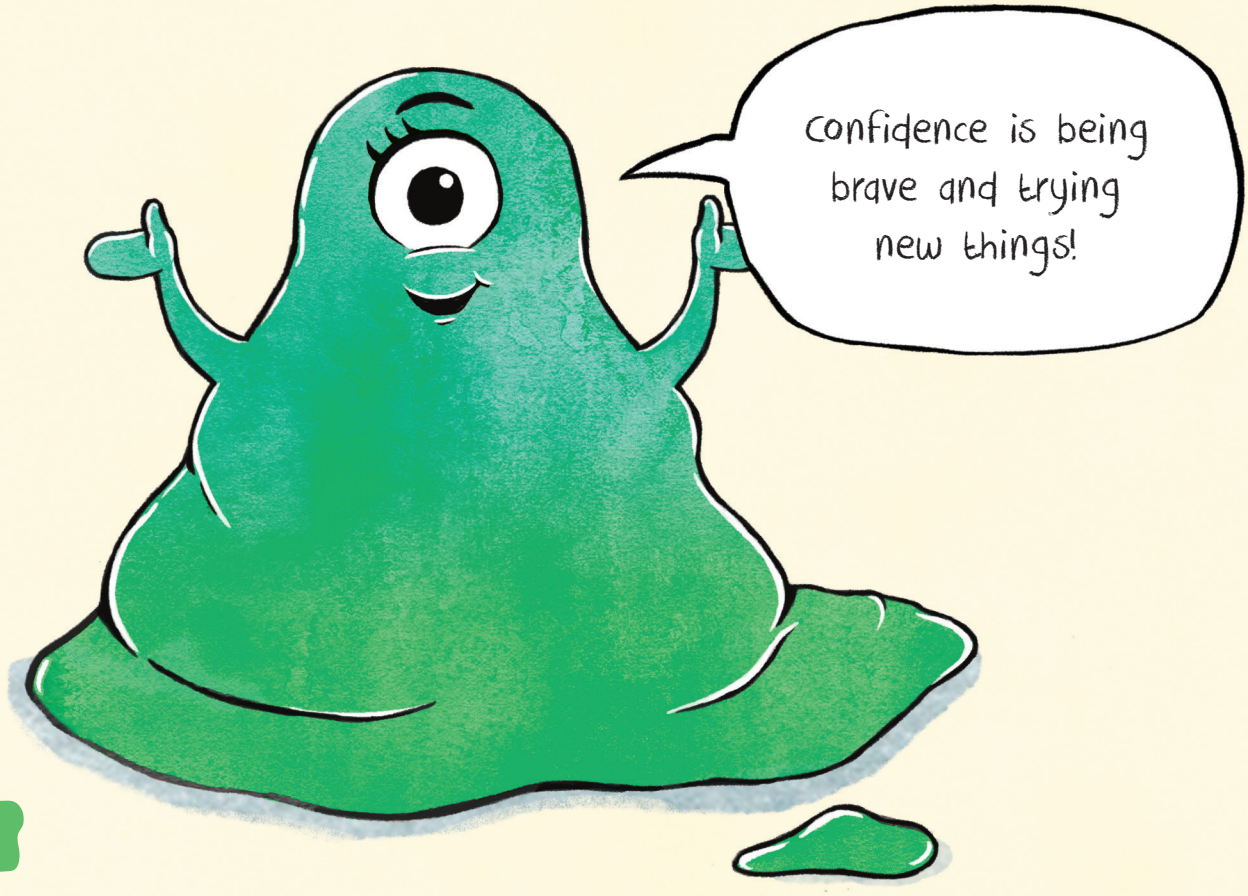
This book will help your child to:

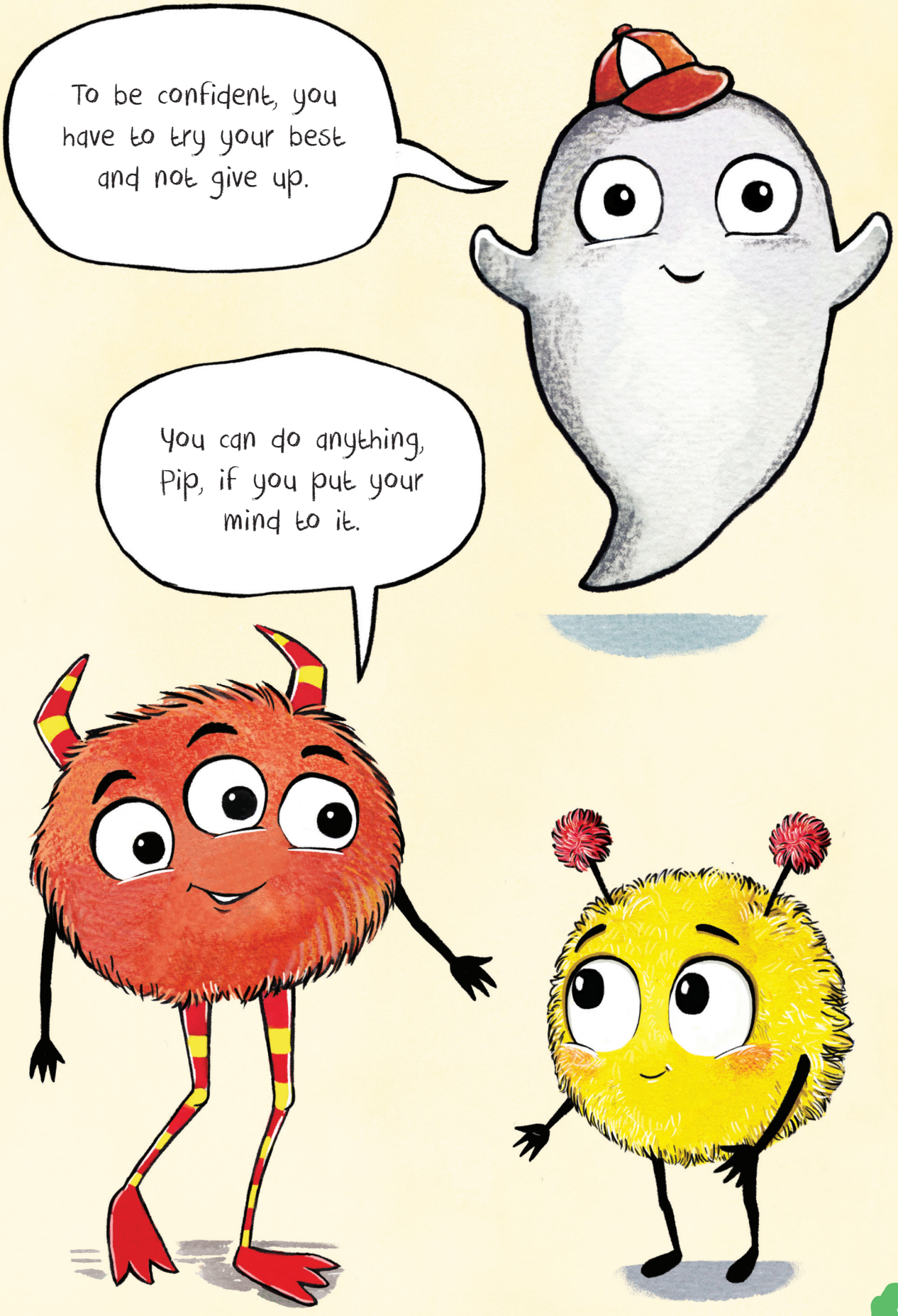
- Find out what it means to be confident.
- Not compare themselves to others and learn that we all pick things up at our own pace.
- Set acheivable goals and build confidence.
- Use positive self-talk.
- Not be afraid to try new things and learn from mistakes.
- Understand that encouraging and helping others will make them feel more powerful.

These approaches can become tools that will enable your child to feel more confident and secure in themselves.


Oh, hi! I'm Flint. What's your name? This is my little brother, Pip. Pip can feel a bit shy when he meets new people but, like I told him, you look really friendly!
Some monsters can chat to anyone. They make it seem easy, but Pip can get VERY nervous and he rolls up into a ball. I think Pip would feel better if he worked on his CONFIDENCE.
What is CONFIDENCE, Flint?
Hmmmm. Why don't you ask your friends?


confidence means believing in yourself.


confidence is being brave and trying new things!


To be confident, you have to try your best and not give up.
You can do anything, Pip, if you put your mind to it.