

From Shy 🙄

To Confident 🙌

Your Free Parent's
Guide to Raising a
Strong Communicator



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From Shy to **Confident!**

Your FREE Parent's Guide to Raising a Strong Communicator

Helping your child find their voice—
one conversation at a time.

Created by Kate Henderson - K8 Creative



Building confident speakers through LAMDA
Speaking in Public - **Because every child
deserves to know that their voice matters!**



Does your child...

- ▶ Hide behind you when meeting new people?
- ▶ Chat away at home... but suddenly forgets how to speak when another adult says hello.
- ▶ Avoid answering questions in class?
- ▶ Whisper their order at a café, leaving you to translate?
- ▶ Worry about making mistakes?

If you answered yes to any of these, you're certainly not alone.

The good news?

Being shy isn't a life sentence. Confidence isn't something children either have or don't have.

It's a skill that can be developed with patience, encouragement and the right support.

And just like riding a bike, swimming or learning times tables, it can be learned.

Let's get started!

What Type of Communicator Is Your Child?

Tick the statements that sound most like your child.

Mostly A

- ✓ Talks constantly at home
- ✓ Goes quiet around new people
- ✓ Hides behind you
- ✓ Needs encouragement to answer questions

Your child is a Home Superstar.

They already have confidence—it just hasn't travelled outside the house yet! Remember to praise their bravery, not perfection.

Keep reading for some fun tips and games to play with your 'Home Superstar' to help their confidence travel from home into the wider world.

Mostly B

- ✓ Loves performing
- ✓ Talks over everyone
- ✓ Has LOTS to say
- ✓ Doesn't always think before speaking

Your child is an Enthusiastic Expressor.

Now it's all about developing presentation skills and confident communication. Your enthusiastic communicator has lots to say—now it's about helping them say it in a way that others can easily follow and enjoy.

Keep reading for some strategies to help your child to add structure and improve their listening skills rather than simply speaking the loudest or the longest.

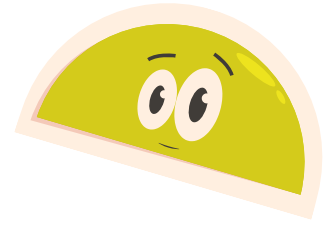
Mostly C

- ✓ Quiet but observant
- ✓ Thinks carefully before speaking
- ✓ Worries about getting things wrong
- ✓ Doesn't like being the centre of attention

Your child is a Thoughtful Communicator.

They often become fantastic speakers once they build self-belief. Your child will often have wonderful ideas—they just need the confidence to share them.

Keep reading for ways to help them realise that their voice is valuable and worth hearing!



UNDERSTANDING SHYNESS

It's important to remember:

Shyness isn't a flaw.

Many highly successful actors, presenters, leaders and business owners describe themselves as shy children.

Shyness simply means your child may need:

- More time to feel comfortable
- Encouragement rather than pressure
- Opportunities to practise speaking
- Positive experiences that build confidence

Your goal isn't to change your child's personality.

It's to help them believe: **"I can do hard things."**

Myth Busters!

Myth 1

"My child is just shy."

Truth...

Shyness is a temperament—not a limit.

Instead of saying...

✗ "Don't be shy."

Try...

✓ "Take your time."

Myth 2

"They'll grow out of it."

Sometimes. But confidence grows much faster when children are given opportunities to practise.

Children gain confidence when they feel accepted—not compared.

Instead of saying...

✗ "Your brother isn't shy."

Try...

✓ "Everyone grows confidence differently."

Myth Busters!

Myth 3

"They need to be louder."

Nope! Confident speakers aren't always loud. They're clear.

Instead of saying...

✗ "Speak up!"

Try...

✓ "I'd love to hear what you have to say."

Myth 4

"Public speaking is only for future actors."

Absolutely not. Communication is a life skill.

Every child will one day need to:

Answer interview questions

Present ideas

Speak in meetings

Make friends

Stand up for themselves

Instead of saying...

✗ "There's nothing to worry about."

Try...

✓ "It's okay to feel nervous. Lots of people do."

Family Confidence Quiz

How are you communicating within your family?

How many of these do you already do with your children?

- ☐ EAT TOGETHER WITHOUT SCREENS
- ☐ ENCOURAGE CONVERSATIONS
- ☐ PRAISE EFFORT INSTEAD OF PERFECTION
- ☐ READ ALOUD TOGETHER
- ☐ READ ALOUD TOGETHER
- ☐ LET YOUR CHILD ORDER IN RESTAURANTS
- ☐ PLAY STORYTELLING GAMES
- ☐ LISTEN WITHOUT INTERRUPTING

Score yourself!

0–2: Great opportunity to build new habits – check out the confidence activities on the next page!

3–5: You're already laying solid foundations – look at the confidence activities on the next page!

6–7: Your child is lucky to have such a supportive communication coach at home!

More confidence activities are on the next page!

FIVE CONFIDENCE-BUILDING ACTIVITIES

1. DINNER TABLE QUESTIONS

Take turns answering fun questions.

Examples:

- If you had a superpower...
- If you could visit anywhere...
- What's the funniest thing that happened today?

No right or wrong answers.

Why It Works

Fun, open-ended questions help children express their thoughts, organise their ideas and speak in full sentences without feeling tested. They also build listening skills, encourage eye contact and show children that their opinions matter, giving them confidence to speak up at home and beyond.

2. READ ALOUD TOGETHER

Reading stories develops:

- Clear speech
- Expression
- Vocabulary
- Confidence

Top Tip for Parents: Resist the urge to correct every mistake. Your biggest job is to be their biggest cheerleader. Smile, clap enthusiastically and praise their effort—confidence grows when children feel encouraged, not criticised.

Why It Works

Reading aloud together is one of the simplest ways to help children become confident speakers. As they hear and practise expressive reading, they naturally develop clearer pronunciation, richer vocabulary and greater confidence using their voice. Reading in a safe and supportive environment helps children become comfortable speaking in front of others. In turn, making it easier for them to contribute in class, and speak with confidence in everyday situations.

3. PERFORM FOR TEDDY BEARS

Who says teddy bears don't love a good show?

Ask your child to gather their favourite cuddly toys, action figures or dolls and create their very own audience. They can teach their toys how to brush their teeth, perform a magic trick, tell a favourite story, read a book aloud or even put on a mini talent show.

To make it even more fun, encourage them to give each toy a different personality—perhaps one is always asking questions, another is a superfan who claps loudly, and one is a very sleepy teddy who needs entertaining!

Why It Works

Pretend audiences take away the fear of being judged, allowing children to practise speaking in a relaxed and playful way. As they explain ideas, tell stories and use expression, they're developing many of the same skills used in public speaking, such as organising their thoughts, projecting their voice, speaking clearly and engaging an audience.

4. TEACH ME SOMETHING

Ask your child to teach the family something they know well and are passionate about.

Some ideas:

- Their favourite animal
- Their favourite football player
- Minecraft tips
- Dance moves
- Rules of a board game

Why It Works

When children teach someone else, they naturally become the "expert," which gives them a real sense of achievement and boosts their self-belief. It encourages them to organise their thoughts, choose their words carefully and speak clearly so that others can understand. Unlike answering questions at school, where children may worry about getting the "right" answer, teaching something they already know removes much of that pressure. Instead, they focus on sharing their enthusiasm and knowledge, helping them discover that they have something valuable to say.

5. ROLL AND SPEAK

Assign a challenge to each number on a dice.

For example:

1. Tell a joke
2. Describe your favourite meal
3. Talk about your favourite holiday
4. Invent a superhero
5. Tell a funny memory
6. Describe the plot of your favourite film

Why It Works

The random roll of the dice adds an element of surprise, making speaking feel like a game rather than a challenge. Because children don't know what topic they'll land on, they learn to think on their feet, trust their ideas and speak without overthinking or worrying about saying the "perfect" thing.

Each turn encourages children to organise their thoughts quickly, speak in complete sentences and share their ideas with confidence. As they repeat the game over time, they'll become more comfortable speaking spontaneously—a valuable skill for classroom discussions, presentations, interviews and everyday conversations.



DID YOU KNOW?



Developing strong communication skills isn't just about speaking in front of an audience—it's about giving young people the confidence to express themselves throughout life. Here's what the research tells us.

Many Children Lack Confidence Speaking Up

Recent UK research involving more than 105,000 children and young people found that:

- Only 48% felt confident speaking up in class.
- Just 47% felt confident giving a presentation.
- Only 40% felt confident speaking in front of an audience.
- While 81% felt they were good listeners, only 45% felt confident expressing their own feelings.

That's why giving children regular opportunities to speak in supportive environments is so important.

The National Literacy Trust found that when young people took part in structured communication activities:

- Confidence in speaking and listening increased from 49% to 77%.
- Confidence communicating formally increased from 44% to 71%.
- Confidence speaking in groups increased from 52% to 68%.
- Confidence working in teams increased from 58% to 77%

The more children practise speaking in supportive environments, the more their confidence grows..

Research consistently shows that strong communication skills can help children:

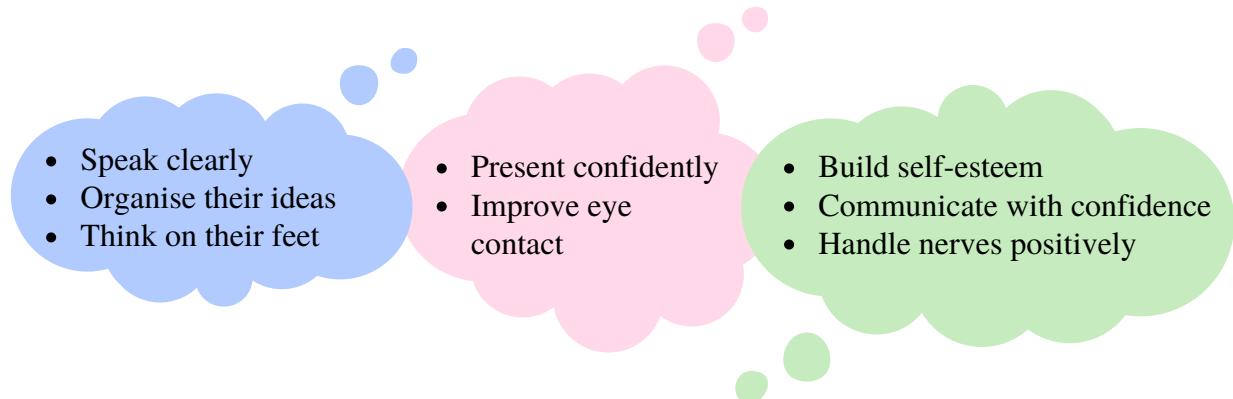
- Build friendships
- Improve resilience
- Feel more confident
- Develop leadership skills
- Perform better in interviews
- Succeed at school and beyond

Speaking confidently isn't about being the loudest. It's about feeling comfortable expressing yourself!

How LAMDA will Help!

LAMDA Speaking in Public develops skills children use for life.

Children learn how to:



The best part?

Children often don't realise how much they're growing because they're having fun!

Why should I take a LAMDA Exam?

I believe there are many reasons to take a LAMDA Exam, but the one I see most often is confidence. As children develop their communication skills, they become more self-assured, learn to express their thoughts clearly and understand that their voice deserves to be heard. Along the way, they can also improve their reading fluency, vocabulary, memory, recall, English language skills and ability to structure an argument.

I also know that preparing for a LAMDA Exam helps children build the life skills they need for a happy, successful and fulfilled future.

Once your child passes a LAMDA Exam, they earn a globally recognised qualification that can support future CVs, résumés and university applications. In some cases, they can also gain UCAS points to help with university entry.

Meet Kate

Ms. Kate Henderson



At K8 Creative, I specialise in helping children gently bridge the gap between feeling confident at home and speaking confidently in the wider world.

I am a qualified drama teacher with over a decade of teaching experience. I have QTLS as well as a BA Honours degree from Kingston University. I am accredited in various LAMDA syllabus. I also have a qualification in Understanding Children and Young People's Mental Health from the NCFE (something I am incredibly passionate about – improving mental health and resilience through Drama).

My LAMDA Speaking in Public classes provide a supportive, encouraging environment where children develop communication skills, resilience and confidence that lasts far beyond the classroom.

STUDENTS BUILD CONFIDENCE BY:

- Speaking in small, supportive groups.
- Taking part in games and creative activities that make speaking feel natural.
- Learning simple techniques to speak clearly and confidently.
- Celebrating every small success, helping confidence grow one step at a time.
- Realising that it's perfectly okay to feel nervous—and that confidence comes from trying, not from being fearless.

OVER TIME, PARENTS HAVE NOTICED WONDERFUL CHANGES, INCLUDING:

- Answering questions in class with greater confidence.
- Introducing themselves to new people.
- Joining in conversations more willingly.
- Speaking up about their ideas and opinions.
- Ordering their own food in restaurants.
- Standing taller, smiling more and believing in themselves.

My aim isn't to change your child's personality. We want them to feel confident being exactly who they are, wherever they are.

BECAUSE EVERY CHILD DESERVES TO KNOW THAT THEIR VOICE MATTERS!

Contact!

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I HAVE A 100% SUCCESS RATE FOR DISTINCTIONS WITH MY LAMDA SPEAKING IN PUBLIC EXAM STUDENTS.

Your next step

01

*READY TO HELP YOUR CHILD SPEAK
WITH CONFIDENCE?*

02

*BOOK A FREE CONFIDENCE
DISCOVERY SESSION.*

Together we'll:

- Talk about your child's confidence
- Identify their strengths
- Discuss any challenges
- Recommend the best starting point
- Answer all your questions

03

*LET'S HELP YOUR CHILD FIND THEIR
VOICE - K8 CREATIVE*

Helping children become confident communicators
through LAMDA Speaking in Public.

04

*BOOK YOUR FREE DISCOVERY SESSION
TODAY.*



CONFIDENCE DETECTIVE

REWARD CHART



SEE IF YOUR CHILD HAS SHOWN ANY OF THESE SIGNS THIS WEEK.



ASKED A QUESTION.



INTRODUCED THEMSELVES.



ORDERED THEIR OWN DRINK.



PUT THEIR HAND UP.



READ ALOUD.



TOLD A JOKE.



LOOKED SOMEONE IN THE EYE.



TRIED SOMETHING NEW.

EVERY TICK IS CONFIDENCE GROWING. CELEBRATE THEM ALL!

Instead of praising results, praise bravery.

Examples:

"I loved how you had a go."

"You spoke so clearly."

"You kept going even though you felt nervous."

Confidence grows through encouragement.