



Teaneck, N.J.

The Focused, Confident Child Blueprint

For Elementary & Middle School Students

**7 skills parents can reinforce to improve focus, confidence, and self-discipline —
without nagging, punishment, or burnout**

A Parent Guide by
Chon-Ji Academy of Martial Arts, Inc.

Dear Parent,

If your child is in elementary or middle school, you may be noticing changes.

They might:

- Lose focus easily
- Resist instructions
- Shut down emotionally
- Doubt themselves more than before

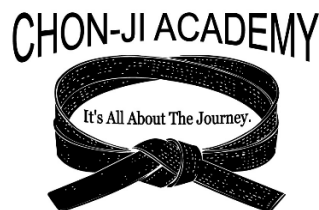
This does not mean your child is lazy, unmotivated, or disrespectful.

In our experience working with families since 1987, it usually means something else:

Key skills haven't been trained yet.

This guide will help you:

- Understand what's really happening
- Reduce daily conflict
- Support growth without constant reminders



WHY THIS STAGE FEELS HARDER

As children grow:

- Expectations increase
- Feedback becomes harsher
- Comparison intensifies
- Confidence becomes fragile

Kids are often told to “try harder.”

But skills must be **learned**, not demanded.

WHY REMINDING AND WARNING STOP WORKING

At this age, children don't need more motivation.

They need:

- Trained focus
- Emotional endurance
- Confidence built through competence

When these skills are missing, parents experience:

- Repeated bad behavior
- More frustration
- Emotional shutdown or defiance

The issue isn't discipline. It's unfinished skill development.

THE 4 CORE SKILLS STRUGGLING STUDENTS OFTEN LACK

1. Sustained focus
2. Emotional control under pressure
3. Confidence through competence
4. Respect for structure and authority

Challenging behavior is often a sign that a child needs support and is asking for help.

THE 7 SKILLS TO REINFORCE (WITH REAL ACTIONS)

1. Clear Expectations

What to do:

State expectations once, clearly. No negotiating.

2. Calm Follow-Through

What to do:

Removing emotion helps deliver the message more clearly, so it's better received.

3. Accountability with Encouragement

What to do:

Acknowledge effort, not just results.

4. Physical Confidence

What to do:

Encourage strong, calm body control—standing tall, moving with purpose, and keeping hands to self.

5. Delayed Gratification

What to do:

Require tasks to be completed *before* rewards.

6. Handling Correction Calmly

What to do:

Help them receive feedback constructively by providing judgement-free guidance.

7. Consistent Routines

What to do:

Keep expectations predictable across days.

Parents don't need to be strict. We need to be **consistent and predictable**.

THE COST OF WAITING

Skills stagnate without reinforcement:

- Focus weakens
- Confidence erodes
- Avoidance increases
- Frustration becomes identity

Many pre-teens and teens don't lose motivation. They lose belief in themselves.

WHY SCHOOL & SPORTS AREN'T ENOUGH

School rewards outcomes.

Sports emphasize performance.

Screens train distraction.

Children benefit from environments where:

- Effort is structured.
- Mistakes are safe and seen as a learning experience.
- Discipline is a skill that is taught, modeled, and practiced, and seen as a good thing to have.

WHEN FAMILIES WANT CLARITY

If building these skills at home becomes challenging, a structured training environment can help reinforce progress through consistency and steady support.

That's why we offer a **short trial experience for Elementary & Middle School students.**

The trial allows:

- **Students** to experience class and see if they enjoy training
- **Parents** to observe our culture, structure, and teaching approach
- **Instructors** to work with your child and assess readiness

No pressure. No obligation. Just a clear next step to determine whether this environment is the right support for your child.

PS – If you'd like to receive a copy of our "*At-Home Action Plan*" for this age group reach out. We'll be happy to forward it to you.