

Growth Mindset Helpers for Parents

KEEP IN MIND:

- FOCUS PRAISE ON EFFORT, RATHER THAN SKILL OR TALENT
- SUCCESS COMES FROM HARD WORK, PERSISTENCE, AND EFFORT
- FAILURE SHOULD BE EMBRACED AND USED AS A LEARNING EXPERIENCE
- FEEDBACK HELPS US TO GROW
- OUR BRAINS ARE MALLEABLE AND OUR ABILITIES CAN GROW

Tell children that you are on their side.

**YOU ARE CAPABLE
OF SO MUCH MORE
THAN YOU CAN
EVEN IMAGINE.**

You can go beyond your self-perceived limits. I might push you because I believe you can succeed.

Successful people have failed along the way. Mistakes help you learn. Challenges make us stronger.

KEEP THESE COMMENTS AT THE READY:

- You never gave up, even when it was hard.
- I love how you took ownership of that.
- What a creative solution to that problem!
- Are there other strategies we could try?
- You are on the right track. Keep going!
- I can tell you studied very hard.
- You are not afraid of a good challenge. I like that!
- I admire how you handled _____.
- You have really improved upon _____. You thought of that all on your own!
- Great work! You remembered _____ (specific skill).
- It was brave of you to _____.
- You value other people's opinion and include their ideas very well.

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