

# Growth Mindset Helpers for Parents

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## 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:

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

FIND MORE RESOURCES AND IDEAS AT:  
[PARSCAELI.COM](http://PARSCAELI.COM)

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PIECE OF HEAVEN