

## How to Help Foster a Growth Mindset in Your Child

“Research shows that parents can have a powerful impact on their childrens’ mindsets. The language you use and the actions you take show your children what you expect. Giving process praise, talking about the brain, accepting mistakes as learning opportunities, and understanding the role of emotions in learning are all practices you can begin today,” (mindset works).

<b>Growth Mindset:</b> <ul style="list-style-type: none"><li>❖ I can learn anything I want to.</li><li>❖ When I’m frustrated, I persevere.</li><li>❖ I want to challenge myself.</li><li>❖ When I fail, I learn.</li><li>❖ Tell me I try hard.</li><li>❖ My effort and attitude determine everything.</li></ul>	<b>Fixed Mindset:</b> <ul style="list-style-type: none"><li>❖ I’m either good at it or not.</li><li>❖ When I’m frustrated, I give up.</li><li>❖ I don’t like to be challenged.</li><li>❖ When I fail, I’m no good.</li><li>❖ Tell me I’m smart.</li><li>❖ My abilities determine everything.</li></ul>
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### Say This, Not That

The way we praise our children can have a profound impact on their mindset. Research on praise and mindsets shows that when we praise children for being smart, it promotes a fixed mindset. It sends a message that their accomplishments are trait-based, and tied to something innate. In contrast, praising kids for working hard promotes a growth mindset. It sends a message that the child’s effort is what led them to success. Want more tips on what to say, and what not to say, when praising your kids?

Click on the link to for Say This, Not That!

<https://www.mindsetworks.com/parents/growth-mindset-parenting>

“Intelligence is not fixed and can be flourished with time and effort. Nurturing this belief in children is one of the greatest things we, as the adults in their lives, can do to help lift them so they can reach their full potential,” according to Hay Sigmund (Motherly)

Follow the links to learn:

***11 Powerful Ways to Build a Growth Mindset in Your Child***

<https://www.mother.ly/child/how-to-build-a-growth-mindset-in-kids?rebellitem=9#rebellitem9>

***Top 10 Growth Mindset Resources for Parents***

[https://biglifejournal.com/pages/growth-mindset?gclid=CjoKCQiAi57gBRDqARIsABhDSMpIoBo04hJlaGv8T7ZoMuE1miZvPsnP9EG6JDUPp9Uw-ZwmFk\\_vq4aAlsWEALw\\_wcB](https://biglifejournal.com/pages/growth-mindset?gclid=CjoKCQiAi57gBRDqARIsABhDSMpIoBo04hJlaGv8T7ZoMuE1miZvPsnP9EG6JDUPp9Uw-ZwmFk_vq4aAlsWEALw_wcB)

Video - ***Developing a Growth Mindset*** with Carol Dweck

<https://www.youtube.com/watch?v=hiIEeMN7vbQ>

Recommended Books:

***Big Life Journal for Kids*** (ages 7-10)

[https://biglifejournal.com/collections/journals/products/big-life-journal-teen-edition?gclid=CjoKCQiAi57gBRDqARIsABhDSMrjPY945wcT9OkwkXVKc4eu8LvDX8uvBNbtFbXyAe6mO6qzhG9uNmUaAn3HEALw\\_wcB](https://biglifejournal.com/collections/journals/products/big-life-journal-teen-edition?gclid=CjoKCQiAi57gBRDqARIsABhDSMrjPY945wcT9OkwkXVKc4eu8LvDX8uvBNbtFbXyAe6mO6qzhG9uNmUaAn3HEALw_wcB)

***Big Life Journal for Tweens/Teens*** (ages 11+)

[https://biglifejournal.com/products/big-life-journal?gclid=CjoKCQiAi57gBRDqARIsABhDSMpJsOxiwmu3AnafyO7ojHYws7quvxB5xWj983PW6BMJEyiZ8LSxrWYaAmTDEALw\\_wcB](https://biglifejournal.com/products/big-life-journal?gclid=CjoKCQiAi57gBRDqARIsABhDSMpJsOxiwmu3AnafyO7ojHYws7quvxB5xWj983PW6BMJEyiZ8LSxrWYaAmTDEALw_wcB)

Book for you too!

***Mindset: The New Psychology of Success*** by Carol Dweck

[https://www.amazon.com/Mindset-Psychology-Carol-S-Dweck/dp/0345472322/ref=sr\\_1\\_1\\_sspa?ie=UTF8&qid=1544027665&sr=8-1-spons&keywords=mindset+psychology+success&psc=1](https://www.amazon.com/Mindset-Psychology-Carol-S-Dweck/dp/0345472322/ref=sr_1_1_sspa?ie=UTF8&qid=1544027665&sr=8-1-spons&keywords=mindset+psychology+success&psc=1)

- “If you manage people or are a parent (which is a form of managing people), drop everything and read *Mindset*.”—Guy Kawasaki, author of *The Art of the Start 2.0*
- “An essential read for parents, teachers [and] coaches . . . as well as for those who would like to increase their own feelings of success and fulfillment.”—*Library Journal* (starred review)