

How Parents Can Foster a Growth Mindset

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A growth mindset, the belief that abilities and intelligence can be developed through effort, learning, and persistence, is a powerful tool in fostering resilience, perseverance, and a love of learning in children. Developed by psychologist Carol Dweck, the concept of a growth mindset contrasts with a fixed mindset, where individuals believe that their abilities are static and unchangeable. Here are five practical strategies for promoting a growth mindset at home.

1.) Praise Effort, Not Just Results

One of the most impactful ways to promote a growth mindset is to shift the focus of praise from innate ability to the effort and process behind a task. When children succeed, praise them for their hard work, perseverance, and problem-solving skills rather than simply congratulating them for being "smart" or "talented." For instance, instead of saying, "You're so smart," try, "You worked really hard on this and didn't give up." This reinforces the idea that effort leads to growth and improvement rather than relying on inherent ability.

2.) Encourage a Love of Challenges

Children with a growth mindset are more likely to embrace challenges rather than avoid them. As a parent, you can help cultivate this attitude by encouraging your child to take on tasks that push them outside their comfort zone. Whether it's trying a new activity, taking on a more difficult school project, or attempting a challenging puzzle, show your child that challenges are opportunities for growth and learning. Remind them that mistakes are part of the process and that the effort is more important than the outcome.



3.) Promote Self-Reflection

Self-reflection is key to developing a growth mindset, as it encourages children to think critically about their experiences and learn from them. After completing a task, ask your

child reflective questions like, "What worked well for you today?" or "What could you do differently next time?" These questions help children evaluate their own performance and identify areas for improvement. Encouraging them to reflect on both their successes and challenges empowers them to take ownership of their learning and growth.

4.) Teach the Value of Persistence

Persistence is a key trait of individuals with a growth mindset. Encourage your child to keep trying, even when things don't go as planned. When your child feels frustrated or discouraged, remind them of past situations where their persistence led to success. For example, "Remember how long it took you to learn how to ride your bike? You kept practicing, and now you're great at it!" Teaching children to keep going, even in the face of difficulties, helps them develop resilience and a growth-oriented attitude.



5.) Emphasize the Power of "Yet"

Adding the word "yet" to a statement can have a profound impact on how children view their abilities. Instead of saying, "I can't do this," encourage your child to say, "I can't do this yet." This simple shift in language helps reinforce the idea that abilities and skills are not fixed but can be developed over time with effort and practice. When children internalize the concept of "yet," they are more likely to approach difficult tasks with a sense of determination and optimism.