

GROWTH MINDSETS

Do you have a growth mindset? Do you believe that with effort, persistence, and motivation your children can achieve their goals? If we encourage our kids' efforts and acknowledge their persistence and hard work, then we will support their development of a growth mindset. Children with a growth mindset believe that with effort and persistence they can learn and achieve in school. A growth mindset will better equip them to persevere and pick themselves up when things do not go their way.

One way that parents can really help their children is by carefully choosing the words that are used when they praise them. Every word parents say and action they perform sends a message to their children. These words and actions tell children how to think about themselves. Parents should always praise their child's effort instead of praising accomplishments. The following table includes some examples.

INSTEAD OF SAYING:	TRY SAYING:
You are really athletic!	You really work hard and pay attention when you are on that field!
You are so smart!	You work hard in school and it shows!
Your drawing is wonderful, you are my little artist.	I can see you have been practicing your drawing; what a great improvement!
You are a great athlete. You could be the next Pele!	Keep practicing, and you will see great results!
You always get good grades; that makes me happy.	When you put forth effort, it really shows in your grades. You should be so proud of yourself. We are proud of you!

So the next time you are ready to praise your child, stop and think about how to use that opportunity to praise his or her effort instead of accomplishments!