

# TIPS

## FOR FOSTERING A GROWTH MINDSET IN YOUNG CHILDREN

Having a growth mindset is important because it helps children to overcome obstacles that they may face when learning something new or developing a new skill. By changing the way our children think about **effort, persistence and mistakes**, we can help change their view of their own potential and the way they learn.



### 5 EVERYDAY MANTRAS

that encourage a growth mindset over time:

*"Our brains are always learning and growing."*

*"In this house we love to train our brains."*

*"I love that you are a hard worker!"*

*"When we try and try again our brains grow stronger."*

*"We repeat good habits because that's how good habits grow."*

#### WHEN YOUR CHILD SAYS:

#### YOU CAN SAY

- "This is too hard"  
*"Nothing is ever too hard. We're just seeing that mastering this may take some time and effort."*
- "I'm not good at this"  
*"The truth is: you're not good at this ...yet."*
- "I'm awesome at this"  
*"I am thrilled that you're on the right track. Now, I look forward to watching you learn more."*
- "I give up now"  
*"There's always another method to try."*
- "Oh no! I made a mistake"  
*"Yay for mistakes! Mistakes are good for learning new things."*

Instead of you saying "YOU'RE SO SMART" or "GOOD JOB" when your child shows off a piece of work, you can build a growth mindset in them by saying:

*"YOU DID IT!"*

*"SHOW ME MORE!"*

*"I love that you've put a lot of work into it!"*

*"WOW! Tell me how you did this?"*

*"LOOK AT THAT! Your efforts are paying off!"*

