

8 Steps to Help Your Kids Develop a Growth Mindset

1. Teach Your Child About the Brain and How it Works

Once kids understand that the brain can grow real connections as they practice and learn new skills, they get excited about the learning process and feel less worried about making mistakes.

2. Teach Your Child About the 2 Mindsets

Explain the “fixed” and “growth” mindsets to your child. This will help them understand what each means, and recognize the differences.

3. Model Growth Mindset Thinking and Behaviour

Show your kids how YOU work through challenges. Let them overhear you thinking out loud, and persisting when things don't go your way. Let your kids see you...

- Persisting through difficult tasks
- Working at learning something new
- Taking on challenges and not giving up
- Making mistakes and talking about how you will learn from it
- Acknowledging that you failed, and making a plan to try again

4. Tell Kids About Their “Inner-Voice”:

Teach your kids to recognize when they think and speak negatively to/about themselves, and challenge their own negative thinking and feelings.

5. Always Praise Effort and Progress

Instead of focusing on the times when your child is successful, recognize the times when they are putting effort into what they are doing. This will help them connect their effort to success, regardless of what they have achieved.

6. Teach your kids the power of “YET”

I can't do this homework.

I can't ride a bike.

I can't read.

Next time you hear these words....add the word “YET” to the end of their sentence. And point it out to your child.

I can't do this homework YET.

I can't ride a bike YET.

I can't read YET.

The word “YET” adds feelings of hope, optimism, and encouragement!

8. Celebrate Mistakes and Failures

Allow your kids to fail and make mistakes. Teach them how to fail by teaching them that failures are how they grow. Mistakes are how kids learn. When your child makes a mistake or struggles, celebrate it!