



# Spring Lunch N' Learn Series:

## Strategies For Raising Kids With A Growth Mindset

### **PRAISE, PRAISE, PRAISE! In all the right ways:**

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. Specific types of praise are better than others when it comes to kids. ALWAYS Praise the process, and NOT the outcome. Sure, be happy when your kids, do well! But choose your words carefully and praise their hard work, persistence, and effort.

### **WHY PRAISE EFFORT?**

When parents consistently praise their children for their intelligence (for example, "You are so smart!"), they are inadvertently connecting their worth to their success. So what happens if your child makes a mistake? They begin to feel unworthy, their confidence level declines, and they misinterpret their mistakes as failures.

### **SO WHAT CAN YOU DO?**

Always praise effort, rather than ability.

Be specific, so kids know exactly what they're doing right.

Be sincere, because kids know when it's just lip service.

Be intermittent with your praise. Too much, and it becomes expected.



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