



# Spring Lunch N' Learn Series:

## Strategies For Raising Kids With A Growth Mindset

### Teach Your Kids How To FAIL!

As a parent it's our job to teach our children skills that will help them succeed in life. Helping our kids learn how to experience and cope with failure is one of the most important lessons we can teach them! Our natural instinct is to help our kids avoid pain and hurt, and we often "swoop" in to save them in difficult situations so they don't have to experience tough times. However, when we constantly protect our children from failure, we are doing them a HUGE disservice, by not allowing them the opportunity to develop crucial resilience skills.

### WHY DO KIDS NEED TO KNOW?

Kids who understand that failure is part of learning and growth are more likely to develop resiliency and coping skills, which will help them through life. Children who are taught that failure is an opportunity to learn and grow, are more likely to develop crucial characteristics such as coping strategies, emotional resilience, creativity and collaboration.

### SO.....What Can You Do?

1. Stop looking at failure as pain for your child, and start seeing failure as an opportunity for your child.
2. Be your child's guide, NOT their savior!
3. Failure, mistakes and disappointment are ONLY opportunities for growth.



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