



# Spring Lunch N' Learn Series:

## Strategies For Raising Kids With A Growth Mindset

### Teach Your Child How to Develop a Healthy Competitive Mindset!

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 develop a HEALTHY competitive mindset is one of the most important lessons we can teach them! Kids who learn to connect their success directly to their hard work and effort, are able to focus on doing their best without constant worry or fear of failing. Ultimately, they continue to grow and learn without connecting their self-worth to whether or not they win at something (athletics, academics etc.).

### WHY DO KIDS NEED TO KNOW?

Kids who have developed a healthy competitive mindset are more likely to develop resiliency and coping skills, and are more likely to try new things and persevere through challenges. They connect success directly to their hard work, perseverance, and effort. Children with a healthy competitive mindset are less likely to compare themselves to others, and worry about where they stand in relation to their peers.

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

1. ALWAYS connect your child's success with effort
2. Re-Define Success (improvement, progress and bouncing back after failure are ALL measures of success)
3. Help your child LEARN from others around them instead of comparing themselves to others



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