

Newsletter 11/17

## Growth mindset

### Praise the Process

It is important to help foster a growth mindset and focus on praising the 'process' or personal effort and any effective strategies used. Therefore, focusing on the process, fosters motivation by placing value on what your child has done and what they need to do to continue to be successful.

#### *Things to say when promoting a growth mindset:*

- I see that you have been trying so hard at ...
- You are becoming more confident at ....
- Good job taking on such a hard task ...
- You are taking on harder tasks and that must make you feel confident.
- I like the way that you ....
- You must have tried really hard at this.
- I see that you are trying again, great thinking.
- You remembered to use the procedure for ....
- It must feel good to follow those steps you have taken.
- What a brilliant way to approach the task.
- I noticed you are thinking through the steps we discussed.

#### *When your child is struggling:*

- OK, so you did not do as well as you wanted to. Let us look at this as an opportunity to learn.
- What did you do to prepare for this? Is there anything you could do to prepare differently next time?
- You are not there/here *yet*.
- When you think you cannot do it, remind yourself that you cannot do it *yet*.
- I expect you to make some mistakes. It is the kinds of mistakes that you make <sup>[L]</sup><sub>[SEP]</sub> along the way that tell me how to support you.
- You might be struggling, but you are making progress. I can see your growth (in <sup>[L]</sup><sub>[SEP]</sub> these places).
- Look at how much progress you made on this. Do you remember how much more <sup>[L]</sup><sub>[SEP]</sub> challenging this was (yesterday/last week/last year)?
- Let us stop here and return tomorrow with a fresher brain.
- I admire your persistence and I appreciate your hard work. It will pay off.
- Of course it's tough - school is here to makes our brains stronger!

- If it were easy, you wouldn't be learning anything!
- You can do it - it's tough, but you can; let's break it down into steps.

### Teaching your child to have a growth mindset

- *Teach your Children it is okay to be wrong-* You know how hard it can be to try something new when you are afraid of failing. Teaching your child that it is okay to make mistakes will free your child up to try a new challenge. In the process of making that effort, they will learn what works- and what doesn't.
- *Teach them to try out new ideas and approaches to problem solving-* Various problems and tasks require different strategies and methods to be completed. If your child is struggling with a problem, ask them if there is another way that might work to solve the problem. Even though you will be tempted to solve the problem for them, don't. If your child is really stuck with an issue, help them brainstorm what else they can try to solve their problem or complete their work. Try asking them what other resources they have that they can check for more info, such as different places in their textbook, online websites, or even asking their friends how they solved a problem.
- Teach them to keep trying to solve a hard problem, even if they can't see the end solution- Some problems require several steps in order to be completed. Rather than telling your child to give up right away and ask the teacher what to do when they see them, have your child just beginning to try to work their way through. Sometimes the next steps become clear after the first steps are taken. Sometimes your child will realize that they need to approach the problem differently. The thing is, they can't get there without taking those first few steps.
- *Teach Them the Mantra, "Mistakes Help My Brain Grow"*- Using the saying "Mistakes Make My Brian Grow" not only takes away some of the fear of possibly being wrong, it validates the effort required in making a mistake. It then goes even further into encouraging learning what the right answer is. Rather than rewarding someone for being smart (fixed mindset), it encourages a path of continuous learning.
- *Teach Them to Talk About Mistakes-* You want your child to feel comfortable discussing what didn't work, so they learn to discuss approaches to solving problems and completing work. This can help them learn to identify what they have already tried out that hasn't worked, so they can try again

and find what does work. This will also help develop good skills for working with other people.

### **Books on Growth Mindset**

Salt in His Shoes by Deloris Jones

The Girl Who Never Made Mistakes by Mark Pett

What Do You Do with a Problem? by Kobi Yamada

What Do YOU Do with an Idea? By Kobi Yamada

Jabari Jumps by Gaia Cornwall

Nadia, the Girl Who Couldn't Sit Still by Nadia Comaneci

Beautiful Oops by Barney Saltzberg

The OK book by Amy Krouse Rosenthal

Rosie Revere, Engineer by Andrea Beaty

When Sophie Thinks She Can't..... by Molly Bang

### **Articles on Growth Mindset for Parents**

[Growth Mindset Parenting | HuffPost](#)

[Top Growth Mindset Resources for Parents and Educators - Big Life Journal](#)

[Growth Mindset Resources for Parents & Kids - The Social Emotional Teacher](#)

[Encouraging a Growth Mindset in Kids: Resources for Parents \(selfsufficientkids.com\)](#)