

The Trinity Parents' Guide to...

How can we help our children develop growth mindset?

Key Points for Parents:

- Praise carefully - not for intelligence or being clever- but for effort.
- Encourage deliberate practice and targeted effort.
- Encourage high challenge to grow those brain cells!
- Discuss errors and mistakes and help your children to see them as opportunities to learn and improve.
- Encourage family discussions about which mindset they (and you) are choosing to use.
- Teach children to replace their 'fixed mindset' internal voice with a 'growth mindset' internal voice.

Start now by trying these new phrases- changing from red to "green for growth...":

You're so clever at...

Don't worry if you can't do it; I was never any good at...

You're so intelligent...

It's easy for you...

You made a mistake; how many times have I told you to get it right first time?

I've noticed the effort you're putting into...

All your hard work and practice is resulting in progress in...

I'm proud of how committed you have been to learning...

How do you feel about not getting the result you wanted the first time? Are you clear on what you need to do to improve your learning next time?

You made a mistake; that's ok. We all make mistakes when we are learning something new. What would you do next time?

Effort is...

Effort is the secret to getting smarter. The more targeted effort you put in the more you'll get out. You can help your children to focus their effort and attention: encourage practice. Regularly recognise this effort with 'effort praise'.

Difficulty...

Difficult and challenging tasks give the opportunity for growth. Create excitement with your children as they take on new challenges and push themselves outside of their comfort zone. Recognise each achievement and point out to them how much they're learning.

Mistakes...

Mistakes are a great opportunity to get feedback (not failure). They provide a great opportunity for growth. Recognise that when working outside of their comfort zone, they are likely to make mistakes that they can learn from.

Yet...

'Yet' is a small and empowering word. 'Yet' changes thinking from a fixed mindset to a growth mindset instantly! Use it in conversations with your children. When you hear:

"I can't do it..." – change it to: "You can't do it yet, is there anything I can do to help you?"

A fixed mindset way of thinking can result in:

- A false sense of superiority, undermined by a deep sense of self-doubt.
- a fear of failure, refusal to take risks.
- A feeling that failure permanently defines you as a loser.
- The belief that only untalented, ungifted people have to work for success.
- A desire to blame others or outside circumstances when things don't go your way
- Being motivated by reward and praise from others.

A growth mindset way of thinking can result in:

- A love for learning and self-improvement.
- A desire to be challenged.
- A willingness to work for positive results.
- A belief that you can control the outcomes in your life with effort and practice.
- The ability to learn from mistakes and failures.
- Emotional resilience.
- Being self-motivated.