

8. Make concrete plans for growth.

- If your child identifies an area of weakness or is struggling, help your child establish a concrete plan for improvement.
- Avoid vague solutions:
- Ineffective: "I'll work harder."
- Better: "I'll practice my 2 times table every night until I get quicker, then I'll learn my 5's."
- Follow up with your child, and help him evaluate the process and refine the solution if necessary.

9. Point out the perseverance/effort of favorite athletes and stars.

- Discuss what habits (focus, goal-setting, daily practice, commitment) enabled the athlete to be so successful.
- Avoid referring to a star athlete's "natural" talent or "effortless" ability.
- Talk about famous people who failed in their early efforts.

10. Take reasonable risks, and encourage your child to do so.

- The growth mindset is about being a life-long learner. Accepting risk and a certain amount of failure is part of that process.
- Is there something you always wanted to try but were afraid you'd fail? Make a plan to do it. Allow your child to do the same.



**"As strong as my legs are,
it's my mind that has made
me a champion."**

Michael Johnson



Growth Mindset
Helping your
child to learn

Celia Thatcher
Headteacher

How to help your child

1. Practice what you preach

- Model growth-mindset thinking with your child.
- Explain how you deal with challenges and how you continue to learn.
- Don't label yourself in ways that demonstrate a fixed mindset:
"I'm a terrible cook."
"I always had trouble in maths too."

2. Emphasise the joy of learning for learning's sake

- Talk about your child's interests and how he or she is responding to the curriculum – not just, "How did you do on that test?"

When discussing school, talk about learning as a means for personal reward, growth, intellectual challenge, and

opportunity – not as a means to earn a grade or get into a great college.



3. Set appropriately high expectations and provide support.

- Lowering standards does not raise self-esteem.
- Expectations should focus on habits, effort, and growth, not grades.
- Provide your child with needed supports (extra help, additional resources). Don't assume that "you could do it easily if you just tried harder."

4. Consider the goals you set for your children and the messages they send.

- Work with your child to set goals that are fair and achievable
- All goals should emphasise growth – the development of a skill or the expanding of knowledge. Having innate talent is not a goal your child can work toward.

5. Praise effort, practice, and process – not outcome

- When your child succeeds, talk about the work that went into the success.
- Praise how hard they tried/effort. Focus on the positive habits your child practised and the choices she made which led up to the success.

6. Use failures as an opportunity for reflection and growth.

- Don't protect your child from the realities of failure by placing blame on others.
- Ask: "What can you learn from this experience?"
"What could you try differently the next time?"

7. Provide honest, constructive criticism that emphasises growth.

- Don't harp on your child's shortcomings or past mistakes.
- Work with your child to identify strategies for improvement.
- Involve your child in the problem-solving process, rather than giving out punishments.

