

You can grow your intelligence

“I can see you’ve worked so hard on this!”

Say this because it helps your children understand you value their effort.

“It seems like it’s time to try a new strategy.”

Say this because it lets your children know that they control outcomes by making choices.

“I like watching you do that.”

Say this because it conveys a message of approval of an activity that they enjoy doing, regardless of outcome.

That was really hard. Your effort has paid off! Next time you’ll be ready for this kind of challenge!”

Say this because it reminds children of how they were able to overcome challenges by putting in a lot of effort and cultivate a growth mindset as well.

“That’s not right. You don’t understand this yet. What strategies can you try to understand it better?”

Say this because it is important to be honest about what your child knows and doesn’t know, but it also explains that you believe in their capacity to improve.

GROWTH MINDSET

Parent’s Guide



Failures and mistakes = Learning

“You’ve worked hard to become a good writer. You should challenge yourself with an advanced class and learn something you don’t know how to do yet.”

Say this because putting your children in the challenge zone is how to inspire lifelong learning.

“You have a real talent for writing. You should take a creative writing class because you’re so good at it.”

Do not say this because if you only encourage your children to do what they are good at; they will be afraid to take risks and learn new things.

You can’t improve natural abilities you were born with

“You are so smart!”

Do not say this because it makes them think of intelligence as a fixed quality.

“It’s okay. Maybe you’re just not cut out for this!”

Do not say this because it makes your children think they don’t have the capacity to improve.

“You’re a natural at that!”

Do not say this because the next time your children fail or make a mistake, they might think they do not have that talent after all.

“That was really hard. I’m so glad it’s over and you don’t have to do that again.”

Do not say this because there will always be more challenges, and children should feel that they have the tools for what comes next.

“That’s not right. Are you paying attention in class? It seems like you’re not even trying.”

Do not say this because the fight or flight response may be preventing your child from giving their best effort in class.