

The Do's and Don'ts of

ENCOURAGING A GROWTH MINDSET

By promoting a growth mindset, you can provide your child a sturdy foundation for future learning.

DON'TS



- Model a fixed mindset in your own life.
- React to problems negatively
- Allow your child to make excuses for poor work
- Give non-specific praise (e.g. "You did a good job on that")
- Allow your child to avoid challenges because of a fear of failure
- Compare your child to other children
- Praise effort if your child is not learning
- View intelligence and talents as most important
- Criticize your child for making mistakes

DO'S

- Model a growth mindset in your actions at home.
- Encourage effort and perseverance over fixed traits, such as intelligence and raw talent.
- Help your child to actively solve problems instead of reacting to problems.
- Give feedback without criticism and judgment.
- Choose specific actions to praise.
- Help your child develop goals in his everyday life
- Provide opportunities for your child to be challenged.
- Emphasize your child's ability to grow in all things.

