

## How Parents Can Encourage a Growth Mindset

### Some Differences between a Fixed and a Growth Mindset

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- “I’m either good at something, or I’m not” vs. “I can learn anything I want to.”
- “When I’m frustrated, I give up” vs. “I persevere when things get tough.”
- “I avoid challenges” vs. “I embrace new, difficult situations.”
- “I stick to what I know” vs. “I like to try new things.”

### Questions to think about:

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1. Everyone falls into fixed mindset thinking sometimes. The first step toward fostering a growth mindset in children is to become aware of language that signals one mindset or the other.
2. How often do you notice and praise strategies and progress in your child, instead of sheer effort or hard work?
3. What thoughts do you have when your child struggles? How could you frame their struggle to foster a growth mindset by helping them understand that this is when their brain is growing most?
4. What thoughts do you have when your child succeeds? How could you frame their success to foster a growth mindset? For example, you can talk about the processes, persistence, and practice that lead to success.
5. What kinds of fixed and growth mindset statements does your child often make? How can you use the power of language to alter their thinking from a static or defeatist mindset to one that focuses on growth, journey, and incremental progress?



### Action strategies:

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- When you give your child praise, ask yourself: “What is being praised?”
- Is it effort, strategy, persistence, focus, and improvement; or does it sound more like a fixed trait or ability, such as natural talent, intelligence, or aptitude?
- When you or your child make a mistake, ask yourself: “How does my reaction influence my child’s future behavior?”



- Does it encourage learning and growth, or does it encourage them to avoid or run from challenges in the future?
- Whenever your child is experiencing frustration, invoke the power of “Yet.” Explain to your child that their disappointments are stepping-stones on the way to achievements that are yet to come.

Visit [MindsetKit.org/growth-mindset-parents](https://MindsetKit.org/growth-mindset-parents) for more free resources and strategies.