

Research-Based Tips for Parents

What YOU SAY can positively affect your child's success in school and life. Research shows that parenting with a *GROWTH MINDSET* better ensures your child's success in school, sports and life! Giving children specific praise for their effort, perseverance and practice can greatly improve their achievement. Please see the chart below for growth mindset phrases to use with your child.



INSTEAD OF:

SAY THIS:

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| Wow, you make it look easy! | Your practice is paying off. |
| You keep making mistakes. | I really like how you learned from your mistakes. |
| Would you make up your mind and get this done. | I like how you kept trying new ways to get there. |
| You need to learn to do this by yourself. | You tried hard. Then you asked a friend for help with building the plane. Great! |
| You are so smart! | I like how you put so much effort into figuring out how to solve the problem. |
| You are a natural artist. | Wow! How did you learn to draw so well? |
| We should pick something easier for you to do. | This is challenging. It takes a lot of practice to get it right. So after this project you will be better at it. |
| You will never learn to swim. | It might take a little while, but if you put in the time and effort I bet you can learn to swim. |

Growth Mindset Videos for Parents

<https://www.youtube.com/watch?v=pN34FNbOKXc>

<https://www.youtube.com/watch?v=NWv1VdDeoRY>

Growth Mindset Videos for Students

(Grades K-5) <https://www.youtube.com/watch?v=2zrtHt3bBmQ>

(Grades K-2) <https://www.youtube.com/watch?v=XLeUvZvuvAs>