

# Parent Blast

## THOUGHT OF THE TERM

“Every child is gifted; they just unwrap their packages at different times.”



## FIXED VS. GROWTH MINDSET

Psychologist, Carol Dweck, believes a child's mindset can determine how successful they are at school. Those with a fixed mindset believe intelligence is something that is static and inflexible. While people with a Growth Mindset believe ability can be increased with time and effort.

## THE LANGUAGE OF SUCCESS

The most powerful way to change a child's mindset is using just one little word...

**YET**

When your child says, “I can't”, add the word **YET**. This helps them to believe with hard work they can achieve, while also opening a door to a solution – driven conversation about how you can help them get there.



## PRAISE

We know our own child is simply wonderful and we want to (and should) tell them this every day.

However, research shows giving generic praise, for example, saying you are 'so clever' or 'so intelligent' isn't helpful. This kind of praise suggests to a child that inbuilt talent is the reason for their success.

Praise your child for hard work, persistence, taking a risk or rising to a challenge.

This will help them see how their **effort leads to success** and they will more likely bounce back when the going gets tough. By focusing on the process we can empower our young people to achieve more.



## CELEBRATE MISTAKES

Mistakes are a normal and an essential part of learning.

Talk positively about mistakes you have made and how you have overcome them. By doing this your child will also start to think of mistakes as being **part of the process of learning**, rather than giving up or fearing them.



## AVOID THE GREEN-EYED MONSTER

It's natural to want to compare yourself to others; she is thinner, he has more muscles, they have the latest iPhone, he got an A and I didn't.

This train of thought is harmful and damaging to our own self-worth. **We are all unique. Encourage your child to think about what they can learn** from those they perceive as more successful. Identify good role models and soon they will see there is usually a lot of practice, persistence and hard work behind the scenes!



## REFLECT

Have a think about what you believe and feel about yourself.

Do you believe you are terrible at Maths and can't do it?

Are you hopeless at reading?

Do you believe you don't deserve that promotion at work?



That's fine and completely human, but take a moment to pause before relaying this to your child. **Think about what messages you are giving them.** If you can't do it, how can they? It is our role as educators, and your role as a parent, to show them that they can.