

Growth Mindset Information for parents

Our Mindset affects how we think and learn, and can determine our level of success in life.

Parents, carers and teachers all want children and young people to grow and be successful.

By understanding how to develop a growth mindset in your child, and yourself, you will be supporting them to become a better learner (both at school and in their personal life) and how to achieve their best in life and fulfil their potential.

We have an important part to play in supporting, challenging and developing children and young people.



Growth Mindset

Those of us with a growth mindset believe that their most basic abilities can be developed through dedication and hard work. This view creates a love of learning and a resilience that is essential for great accomplishment.

Fixed Mindset

Those with a fixed mindset believe that their basic qualities like intelligence and talent are fixed traits. They believe that talent alone creates success.

Practising growth mindset theory with children is a great way to get them engaged with activities and subjects they try to avoid through fear of getting it wrong or not being good enough.

Children (and adults!) with a **growth mindset** think very differently. They believe that they can get better at something by practising, so when they're faced with a challenge, they become more and more determined to succeed, wanting to persevere and overcome knockbacks. They tend to feel as if they're in control, and are not threatened by hard work or failure.

Top Tips for parents

You can help to develop your child's growth mindset so they can embrace challenges, learn from mistakes and enjoy learning;

Praise effort not just the result.

Mistakes are good! Encourage them to make mistakes and help them learn from them.

Encourage children to be resilient and not give up, even when they find something difficult or frustrating.

Show enthusiasm for your own learning

Encourage them not to give up

Use the word yet.... You've not got that right yet!



Fixed Mindset Praise

'you learned that quickly! You're clever!
'You're brilliant, you got an A without trying'
This means children hear;
If I don't learn quickly, then I'm not clever' or 'I shouldn't try something harder or they'll see I'm not very good'.

Growth Mindset praise

'you've really put a lot of effort into that, you're getting more answers right'
'You're nearly there, let's look at where you made mistakes and try again'
This develops children's resilience to failure or challenge– to try again or try a different way, all things which they can do.

Blossom at Blossomfield