

Parent's Growth Mindset checklist

Do you want your child to be successful, happy and resilient? Sometimes we don't realise that words that we think encourage and praise can actually undermine your child's ability to become the best learners they can be. Every word or action sends a message to your child. Are you sending messages that suggest you are judging them or supporting them to learn and grow?

To help your child reach their real lifelong potential and be emotionally resilient try this:

Do	Do say	Don't	Don't say
Praise effort rather than focus on outcome	<i>I'm so proud of how hard you are trying and how much you are learning</i>	Praise their intelligence and talents – as if they are fixed	<i>You must get 10/10 – it's the only result that matters because you are so bright</i>
Give lots of feedback about how they have done and what they could do next – without criticising and judging.	<i>You have written such an exciting story – how about redrafting and checking some of the spellings I have underlined?</i>	Judge their outcomes – either good or bad	<i>You are so talented, I expected more from you</i> <i>OR</i> <i>This is full of mistakes you can do better!</i>
Focus on what they are learning and developing and celebrate that	<i>You have really tried hard with those sums – how do you work them out?</i>	Make them feel all that matters is their scores and grades	<i>You got an A that is brilliant</i> <i>You need to get good grades if you are ever going to be successful</i>
Help them realise that mistakes are part of learning and you only learn by making mistakes and sticking at it until you can make progress	<i>Did you find that book hard with all those difficult words – just think how much you are learning if you get through it all</i>	Get upset if they can't do it – and show you think they are useless	<i>Are you too stupid to read that book?</i>
Model growth mindset yourself by sometimes getting it wrong and showing how you learn from it	<i>I'm finding it really hard to learn a few Spanish phrases for the holiday but I'm going to stick at it!</i>	Demonstrate you are stuck in your ways and nervous about learning new things	<i>I don't do foreign languages..and I'm no good at maths, so I'd rather not bother</i>
Praise them for specific achievements and persistence	<i>I'm impressed with how you have found a new way to understand algebra. You stuck at it and I'm so proud.</i>	Only praise when they get it all right	<i>You've only done 5 I thought you could get at least 10 done</i>
Help them fix it when they make mistakes	<i>Hey you got it wrong – that's good because it shows you can keep learning</i>	Make judgements about their ability and compare them with other children	<i>Hope your teacher doesn't think you can't do this because I bet all your friends can.</i>
Talk to them about the learning process and journey	<i>What have you learnt today that has really pushed your comfort zone?</i>	Let them think you can learn and make progress without the pain of hard work!	<i>If it's too hard, don't do it – you don't want to get upset</i>
Help them choose challenging tasks that stretch them even if they may not get everything right	<i>Isn't it exciting when you are working really hard on something and it's so very hard but eventually you get it!</i>	Advise them that they don't have to do anything they don't want to	<i>It's not fair if you get it wrong, your teacher should help you more.</i>