

5 Things to Say to your Child to Promote a Growth Mindset

1

"I Love You"

Say it to your child as often as you like! It's important they know that even when they make mistakes through they're learning, they are loved by those they love most.

"I like it when you..."

Talk to your child about a positive aspect of their behaviour or attitude in order to actively reinforce good habits and mindset.

2

3

"You should be so proud of yourself"

Although you are undoubtedly proud of your child, telling them to be proud of themselves will help to promote their self believe and self esteem and will avoid them potentially becoming 'praise junkies' seeking your praise in order to feel good about themselves.

"Believe in yourself. You know you can do this"

Teach them how valuable they are and that in order to develop, they need to step outside their comfort zone and embrace new challenges. This will help them develop resilience and learn to bounce back when things don't always go to plan.

4

"You can achieve anything you put your mind to. Hard work will lead to success"

Encourage them to never give up. Let them know that their perseverance, grit and hard work will lead to improvements in their abilities even when a challenge is really hard.