



GIRLS

IN THE SPOTLIGHT

Parent Conversation Resource

Theme: Growth Mindset

April 2021

- Every word and action can send a message to a child.
- Do you judge everything your child does?
- Do you believe your child is a developing person and are you interested in that development?
- A best practice is to teach children to love challenges, be intrigued with mistakes, enjoy effort, and keep on learning.

PRAISE: What they accomplished through practice, study, persistence, and good strategies. Ask them about their work in a way that appreciates their efforts and choices.		What if your child works hard and things don't go well?
Examples	Try	
"You really studied for that test and it shows. Your preparation really worked!"	"You put a lot of effort in. Let's work together and figure out what you may not understand yet."	
"You tried a lot of different strategies to solve that problem until you finally got it and one worked!"	"People have different learning curves. It may take more time to fully understand and be comfortable with this material."	
"You took on a challenge and it will take extra work, and you're going to learn a lot of new things."	"Everyone learns in different ways. Let's keep trying to find a way that works for you."	
"School used to be easy for you and you used to feel like the smart kid all the time. You weren't using your brain to its fullest and it's amazing to see you stretch yourself and working hard to learn more."	"If you put forth your best effort, you will improve and may reach the goals you want."	
"That was a commitment. I applaud your concentration and finishing it."	"What is one action you can take to improve the next time?"	
"That picture is so detailed. Tell me about it."	"You've learned from this experience. What is something you will do differently next time?"	