



What is growth mindset?

Growth mindset is the approach to teaching your child about his/her elastic brain and how having growth mindset over fixed mindset, will make them more successful. Teaching your child to change their thoughts about themselves and situations can make anything possible. Helping your child develop growth mindset will help with their perseverance, learning from mistakes and failures.

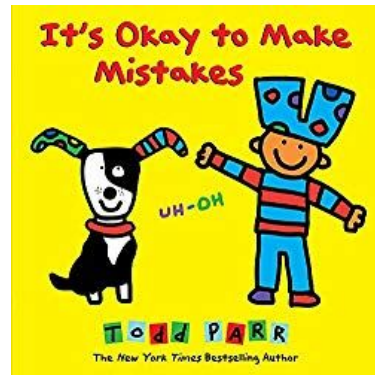
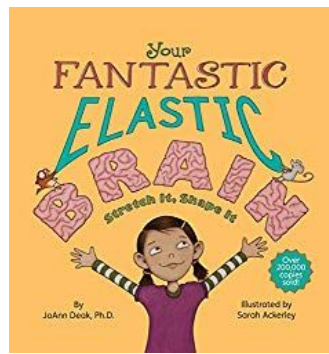
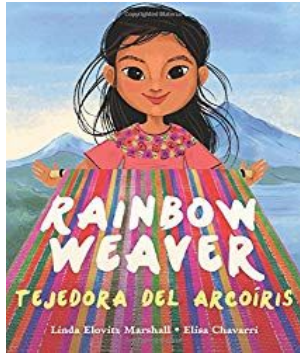
How do I teach my child growth mindset?

Start simply by talking to them about what it is and even reading to him/her one of the pictures books below. Books help bring understanding to concepts and ideas. Then simply start having conversations at dinner or help them change their thought when you hear them say something negative about themselves or situations.

- "This is too hard." --- "This is going to take some time and effort"
- "I can't do math."---"I'm going to train my brain to do math."

In next week's Happy, Healthy, You, we will have tips and ideas on things to say and helping your child build growth mindset dialogue for themselves.

Books: Here are few suggestions when teaching your child what growth mindset is.



Another great way to learn how to help your child and yourself develop growth mindset is through Podcast. Here are a couple kid friendly Podcasts kids can listen to on their tablets/ipads. Also listed are Podcast for you, the parents! Just search by name in your Podcast app and give them a listen.

Kids

- "Dream Big" by Eva Karpman
- "What if World"

Adults

- TED talks Kids + Family
- Everyday Motherhood