

## Raising Kids with a Growth Mindset

The way children think about their abilities shapes how they handle challenges, school, friendships and life. Teaching kids to have a growth mindset is one of the most powerful gifts you can give them.

### Understanding Growth vs. Fixed Mindset

Distinguishing between these mindsets can help children and teens change how they approach their learning, challenges, and the feedback they receive.

Here, we summarize some of the main differences between a growth and fixed mindset:

Aspects	Growth Mindset	Fixed Mindset
<b>Response to challenges</b>	Sees difficulties as opportunities to learn and improve	Avoids challenges to protect self-image
<b>View of success</b>	Believes success comes from hard work and practice	Believes success comes only from natural talent
<b>Response to criticism</b>	Sees feedback as helpful and useful for growth	Takes criticism personally and feels attacked
<b>Learning</b>	Views learning as a lifelong process	Views learning as a way to prove how smart they are
<b>Other people's success</b>	Feels inspired and motivated by others	Feels jealous or discouraged by others

# How Parents Can Help Develop a Growth Mindset



## Praise Effort, Not Just Results

Focus on the process, not perfection.

Instead of saying:

- ✔ "You're so smart!"

Try saying:

- ✔ "You worked really hard on that."
- ✔ "I can tell you didn't give up."

This teaches kids that effort and practice lead to growth.



## Talk About Mistakes as Part of Learning

Help kids see mistakes in a new way.

- ✔ "What did you learn from that?"
- ✔ "Mistakes help your brain grow."
- ✔ "It's okay to not know... yet."

One small word makes a big difference: "I can't do this... **YET**."



## Use Growth-Minded Language at Home

Words shape how kids see themselves.

Swap fixed mindset phrases:

- ✔ "I'm just not good at this."

For growth mindset phrases:

- ✔ "I'm getting better with practice."
- ✔ "This is hard, but I can learn."



## Model a Growth Mindset Yourself

Kids copy what they see. Let them hear you say:

- ✔ "This is hard, but I'll keep trying."
- ✔ "I made a mistake, and that's okay."
- ✔ "I'm still learning, too."

Your attitude becomes their attitude.



## Encourage Healthy Struggle

It's tempting to fix problems for kids—but struggle helps them grow.

- ✔ Let them try first
- ✔ Offer support instead of answers
- ✔ Celebrate progress, even small steps

Confidence builds when kids realize, "I figured it out!"

## Remember

Developing a growth mindset is a journey, not a one-time lesson. When children believe they can grow and improve, they become more confident, capable and resilient.