



Family Routines That Nurture a Child's Growth Mindset

A growth mindset is the belief that abilities can be developed through effort, persistence, and learning from mistakes. Families play a powerful role in nurturing this mindset at home. Here are age-appropriate strategies to get started.

For Younger Kids

1. Praise Effort, Not Just Results:

Celebrate the process—whether it's trying a new puzzle, practicing reading, or learning to ride a bike. Say things like, "I love how hard you worked on that!" instead of only focusing on the outcome.

2. Normalize Mistakes as Learning Opportunities:

When your child struggles, remind them that mistakes help their brain grow. Share your own small mistakes and how you learned from them to show that errors are part of progress.

3. Encourage Persistence Through Play:

Games, building blocks, or art projects are great chances to practice sticking with challenges. Encourage them to keep trying different strategies rather than giving up.

4. Teach Positive Self-Talk: Help your child replace "I can't do this" with "I can't do this yet." Model phrases like "I'll keep practicing" or "I'm getting better each time."

5. Create a Safe Space for Effort: Provide opportunities where effort is valued over perfection—like family art nights or cooking together—so your child feels confident experimenting.



For Older Kids

1. Focus on Goals and Progress:

Encourage your child to set small, achievable goals in schoolwork or hobbies. Celebrate milestones along the way.

2. Reframe Challenges as Growth Opportunities:

When they face tough assignments or sports practice, remind them that effort builds skills. Ask "What did you learn from this attempt?"

3. Support Independent Problem-Solving:

Instead of jumping in with solutions, guide them to brainstorm strategies. This builds resilience and confidence in their ability to overcome obstacles.

4. Encourage Journaling: Suggest keeping a journal where they write affirmations or reflect on challenges they overcame. This reinforces positive self-talk.

5. Model Persistence: Share stories of times you worked hard to achieve something—whether finishing a project at work or learning a new skill.