

### Set high expectations for your child:

Having high expectations works like a self-fulfilling prophecy. It shows that you believe they can do it, which in turn has a positive impact on their own beliefs, behaviour and outcomes.

### Encourage children to be resilient and not give up, even when they find something difficult or frustrating:

We now know that the brain adapts to new information and practise by creating new connections, so help your child to believe that challenge is a positive thing because it means they are growing their brains! This can help them to be comfortable with the times that they struggle and means that they see this as a sign of learning.

### Celebrate mistakes!

The fear of making mistakes and associated shame can stop children from giving something a go in the first place. We all make mistakes, so try to embrace these mistakes and use them as learning opportunities, rather than feeling embarrassed about them. If we are not making mistakes then we are not stretching ourselves.

### Here are some useful links and videos:

#### Websites:

<https://www.mindsetworks.com/parents/growth-mindset-parenting>

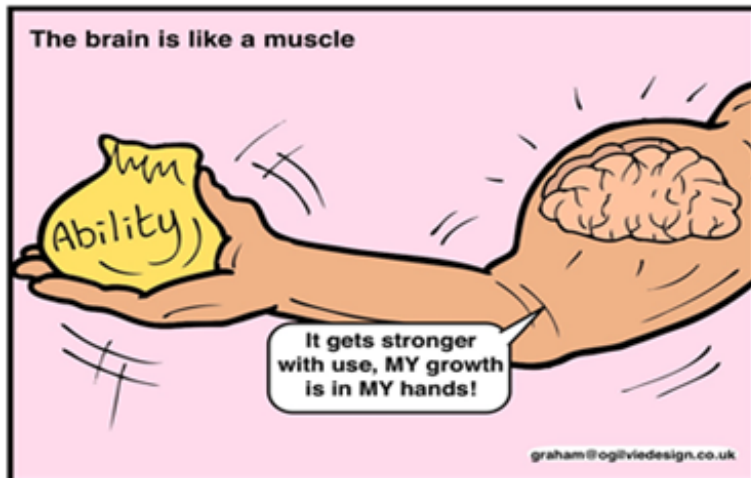
<https://www.oxfordlearning.com/growth-mindset-tips-for-parents>

<http://www.bbc.co.uk/cbeebies/grownups>

#### Youtube videos:

- **Growth Mindset vs. Fixed Mindset**

*Explains the growth mindset concept in simple terms*



For further information please contact Ms Crinson, Assistant Headteacher



## Parent leaflet

# Helping your Child to Aim High



At St Paul's we have introduced an approach to learning that focuses on children (and staff) developing a GROWTH MINDSET. In short, having a 'growth mindset' enables children to manage everyday challenges in school and to have a positive 'can do' attitude that helps them fulfil their potential. Research shows that children with a 'growth mindset' will typically achieve better than children with a 'fixed' mindset.



### At St Paul's we encourage children to have a growth mindset:

We never give up – perseverance is the key if we are to succeed

We celebrate making mistakes – we can learn from them

We challenge ourselves and take risks

We learn from each other

We don't compare ourselves with others

### How can parents help their children to develop a Growth Mindset?

The exciting thing about the growth mindset approach is that it is not just about ability. It focuses on what people believe about ability – and there are lots of ways that we can help our children to develop a growth mindset. **Overleaf are some examples of how you can respond to your child**



## Top Tips for Parents...

Don't	Don't say	Do	Do say
Judge their outcomes as either good or bad.	'You're so talented—I expected more from you.' Or: 'This is full of mistakes— you can do better!'	Give lots of feedback about what they have done, the strategies they used to do it, and what they could do next—without criticising or judging.	'You have written such an exciting story-How do you think you could make it even better?'
Make them feel that all that matters is their scores and grades.	'You got an A—that's brilliant. You need to keep getting good grades if you're every going to be successful.'	Focus on what they are learning and strategies which they are developing and celebrate those.	'You have really tried hard with those sums-how did you work them out?'
Get upset if they can't do it/let them see you are disappointed/ that you think they are useless.	'Are you too stupid to read that book? Anyone your age should be able to do that.'	Help them realise that mistakes are part of learning, and you only learn by making mistakes and sticking at it until you learn new strategies to make progress.	'Did you find that book hard with all those difficult words? Just think how much vocabulary you are learning if you get through it all.'
Demonstrate you are stuck in your ways and nervous about learning new things.	'I don't do foreign languages and I'm no good at maths, so I'd rather not bother.'	Model a growth mindset yourself by sometimes getting it wrong and showing your children how you learn from it.	'I'm finding it really hard to learn a few Spanish phrases for our holiday, but I'm going to stick at it!'

Don't	Don't say	Do	Do say
Prise their intelligence and talents—as if they're fixed.	'You must get 10/10—it's the only result that matters because you are so bright.'	Praise their effort rather than focus on the outcome.	'I'm so proud of how hard you are trying, and how much you're learning.'
Praise only when they get it all right.	'You've only done five questions. I thought you could do at least ten.'	Praise them for specific achievements and persistence.	'I'm impressed with how you have found a new way to understand algebra. You stuck at it, tried different ways to do it, and I'm so proud.'
Make judgements about their ability and compare them with other children.	'I hope your teacher doesn't think it's only you who can't do this, because I bet all your friends can.'	Help them fix it when they make a mistake.	'You go it wrong, but that's OK because now you can learn from this and find out how to get it right.'
Let them think you can learn and make progress without the pain of hard work!	'If it's too hard, don't do it—we don't want you to get upset.'	Talk to them about the learning process and journey.	'What have you learned today that has really pushed you out of your comfort zone?'
Advise them that they don't have to do anything they don't want to do.	'It's not fair if you get it wrong-your teacher should help you more. If you don't like it, you shouldn't have to do it.'	Help them choose challenging tasks that stretch them, even if they may not get everything right.	'Isn't it exciting when you have to work very hard on something and eventually you get it? Well done!'

Taken from Jackie Beere 'GROW'