

The Building Blocks to Raising an Academically & Socially Confident Child

Parent University Series

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Agenda

- ❑ Introductions
- ❑ Brain Development
- ❑ Growth Mindset vs. Fixed Mindset
- ❑ Parenting Tips
- ❑ Changing your Mindset with Words
- ❑ Questions/Comments/Exploration of Resources

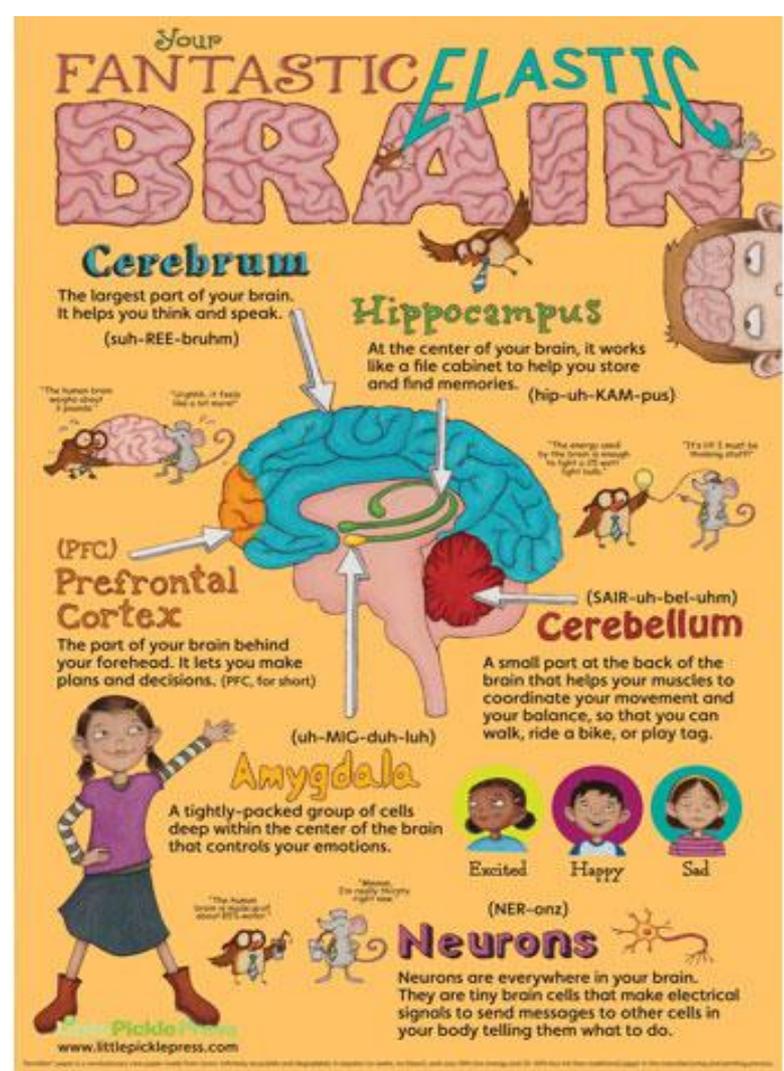
“To thrive, kids need to trust in their own capabilities while, at the same time, knowing that they can handle it if they aren’t successful at something. It’s by experiencing mastery and rebounding from failure that they develop healthy self-confidence.”

~ [Child Mind Institute](#) ~

What does your **BRAIN** really do?

- ❖ Your brain is an organ made up of cells and tissue.
- ❖ Your brain grows fast during the first 10 years of life.
- ❖ Experiencing and learning make your brain stronger

Source: Your Fantastic Elastic Brain, by JoAnn Deak



Growth Mindset Definition

The belief that we can learn more and become smarter if we work hard and persevere; view challenges and failures as opportunities to improve learning and skills.

Growth Mindset vs. Fixed Mindset

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

*Your brain is like a muscle. When you learn, your brain grows.
The feeling of it being hard is the feeling of your brain growing!*

PRAISE



FOR:

EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

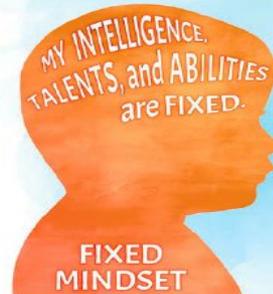
NOT FOR

TALENT
BEING SMART
BORN GIFTED
FIXED ABILITIES
NOT MAKING MISTAKES

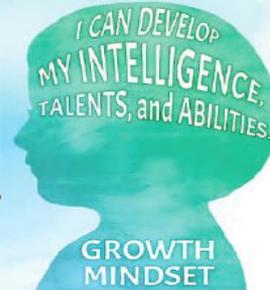
THE POWER OF "YET" SAY

"YOU CAN'T DO IT YET."
"YOU DON'T KNOW IT YET."
"IF YOU LEARN AND
PRACTICE, YOU WILL!"

BRAINS can GROW



VS



FAILURES AND MISTAKES = LEARNING

SAY

"MISTAKES HELP YOU IMPROVE."
"YOU CAN LEARN FROM YOUR MISTAKES."
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR
OWN THINKING AND THE
MESSAGES YOU SEND
WITH YOUR WORDS AND
ACTIONS.



ASK

"WHAT DID YOU DO
TODAY THAT MADE YOU
THINK HARD?"
"WHAT NEW STRATEGIES
DID YOU TRY?"
"WHAT MISTAKE DID YOU
MAKE THAT TAUGHT YOU
SOMETHING?"
"WHAT DID YOU TRY
THAT WAS HARD
TODAY?"

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Changing Mindset with Words

MY GROWTH MINDSET STATEMENTS

I can CHANGE my MINDSET with my WORDS!



INSTEAD OF:

I am not good at this.
I am great at this.
This is too hard.
This is too easy.
I am afraid I will make a mistake.
I give up.
I can't do this.
This is good enough.
I won't try because I might fail.
I am not as smart as my friend.

I am not good at this YET, but I will learn.
I practiced and learned how to do this.
This will require effort and finding the right strategy.
How can I make this more challenging?
When I make a mistake, I will learn from it and get better.
I will succeed if I put forth effort and find a better strategy.
I need some feedback and help from others.
Is it my best work? Can I improve it?
If I fail I can try again until I succeed!
I am in charge of how smart I am because I can grow my brain by learning hard things!



I CAN SAY:

Tip 1: Model confidence yourself

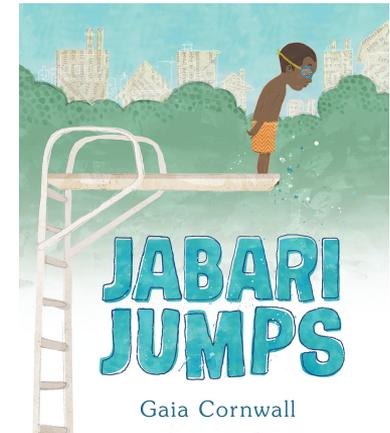
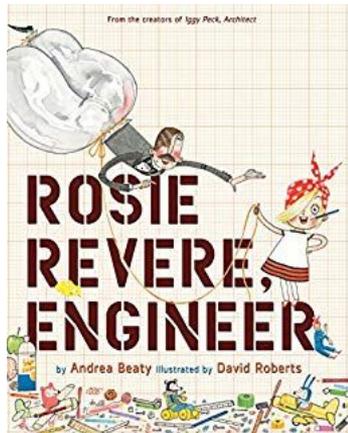
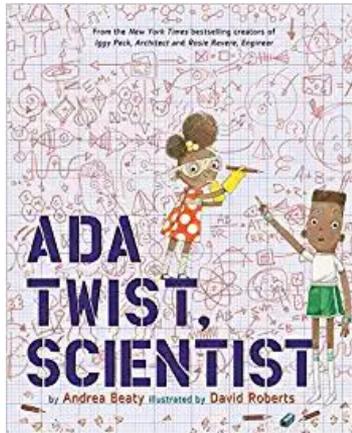
- ❖ Set a good example for your child - even when you are not feeling it!
- ❖ Provide optimistic views for your child
- ❖ Be aware and acknowledge your feelings but don't focus on them
- ❖ Focus on the positives

Mindset Poster



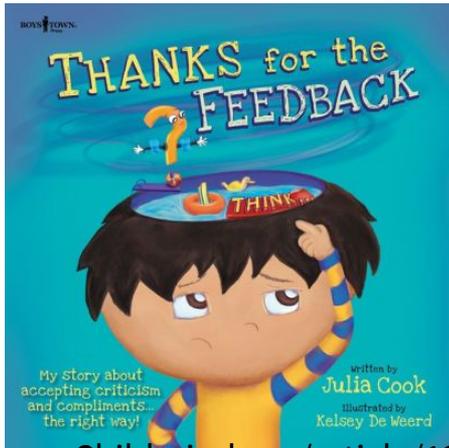
Tip 3: Encourage Children to Try New Things

- ❖ Focus energy on diversifying activities and skills for children.
- ❖ Obtaining new skills makes children feel capable and confident that they can tackle whatever comes their way.



Tip 4: Allow Children to Fail

- ❖ Trial and error is how children learn
- ❖ Falling short on a goal helps children find out that it's not the end of the world.

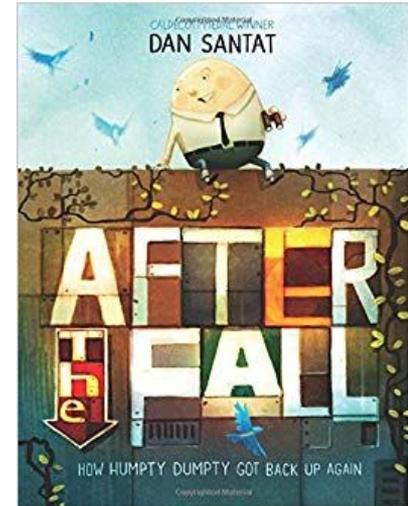
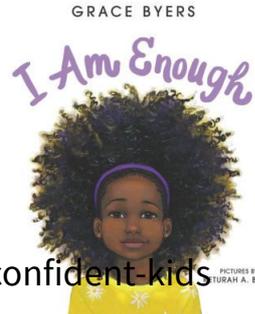
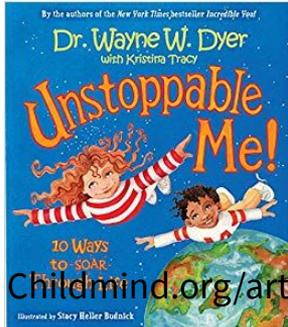


Source: Childmind.org/article/12-tips-raising-confident-kids



Tip 5: Praise Perseverance

- ❖ Learning not to give up at the first frustration or bail after one setback is an important life skill.
- ❖ Confidence and self-esteem are not about succeeding at everything all the time.
- ❖ Teach resiliency through confidence-building.



Tip 6: Help Children Find Their Passion

- ❖ Exploring interests can help children develop a sense of identity.
- ❖ Seeing their talents grow will give a huge boost to their self-esteem.



Source: [Childmind.org/article/12-tips-raising-confident-kids](https://www.childmind.org/article/12-tips-raising-confident-kids)

Tip 7: Set Goals

- ❖ Articulating goals and achieving them makes children feel strong.
- ❖ Help your child turn desires and dreams into actionable goals by encouraging them to make a list of things they'd like to accomplish.
- ❖ Practice breaking down longer-term goals into realistic benchmarks.



Tip 8: Celebrate Effort

- ❖ Praising children for their accomplishments is great, but it's also important to let them know you're proud of their efforts regardless of the outcome.
- ❖ It takes hard work to develop new skills, and results aren't always immediate.
- ❖ Let your child know you value the work they're doing.



Tip 9: Expect Children to Pitch in

- ❖ Children feel more connected and valued when they're counted on to do age-appropriate jobs (picking up toys, doing the dishes, raking the leaves)
- ❖ Homework and after-school activities are great, but being needed by your family is invaluable.

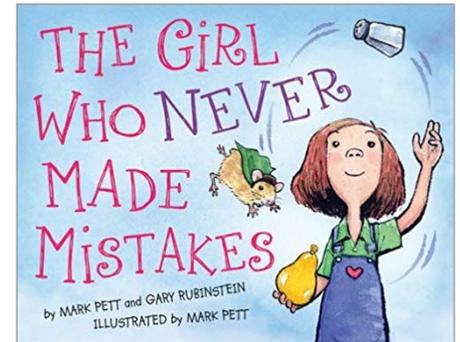
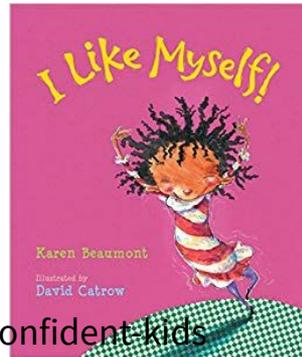
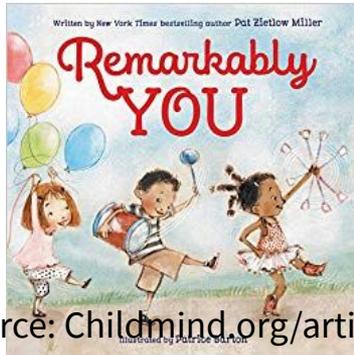


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Tip 10: Embrace Imperfection

- ❖ Perfection is unrealistic, and it's important for kids to get that message as early as possible.
- ❖ Help your child see that the ideas that are portrayed on TV, in a magazine, or on the internet are fantasies and not reality.
- ❖ Remind them that being less than perfect is human and totally okay.



Tip 11: Set Children up For Success

- ❖ Challenges are good for children!
- ❖ Children should also have opportunities where they can be sure to find success.
- ❖ Help your child get involved with activities that make him feel comfortable and confident enough to tackle a bigger challenge.



Tip 12: Show Your Love

- ❖ Let your child know you love him/her no matter what!
- ❖ Making sure your child knows that you think they are great — and not just when they do great things — will bolster their self worth even when they are not feeling good about themselves.

[Ted Talk - How to Raise Successful Kids without Overparenting](#)



Questions & Comments?



Thank you!

Resources

[How to Raise an Adult, by Julie Lythcott-Haims \(Ted Talk Presenter\)](#)

[Mindset - The New Psychology of Success, by Carol Dweck](#)

[Growth Mindset Books, Movies, Videos, and Podcasts](#)