Parent's Growth Mindset checklist

Do you want your child to be successful, happy and resilient? Sometimes we don't realise that words that we think encourage and praise can actually undermine your child's ability to become the best learners they can be. Every word or action sends a message to your child. Are you sending messages that suggest you are judging them or supporting them to learn and grow?

To help your child reach their real lifelong potential and be emotionally resilient try this:

focus on outcome hard you are trying and how much you are learning	Do	Do say	Don't	Don't say
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