



Southfields Primary School Parent's Guide to Growth Mindset



It's not that I'm so smart, it's just that I stay with problems longer. — *Albert Einstein*

A challenge only becomes an obstacle when you bow to it. — *Ray Davis*

Would you like me to give you a formula for success? It's quite simple, really. Double your rate of failure. *Thomas Watson*

I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.' — *Muhammad Ali*

It does not matter how slowly you go so long as you do not stop. — *Confucius*

Success is not an accident; success is a choice. — *Stephen Curry*

Failure is so important. It is the ability to resist failure or use failure that often leads to greater success. — *J.K. Rowling*

Don't worry about failure. Worry about the chances you miss when you don't even try. — *Sherman Finesilver*

Nothing is impossible. The word itself says 'I'm possible!' — *Audrey Hepburn*

A person who never made a mistake never tried anything new. — *Albert Einstein*

There is no failure. Only feedback. — *Robert Allen*

Dreams don't work unless you do. — *John C. Maxwell*

Effort is grossly underrated. — *Gary Vaynerchuk*



What is Growth Mindset?

A growth mindset is an understanding of how abilities can be developed through effort. It is believing that perseverance, hard work and dedication can lead to success and developing your abilities, no matter how many times you may fall down and fail. It is learning to embrace mistakes and learning from them in the process. Every mistake and failure is a valuable lesson.

Many people have a 'fixed mindset' which is believing that intelligence and abilities are 'given' and that nothing you do can change this. We strive for our parents and children to be of a growth mindset and to believe that anything is possible with determination and self-belief. It is important for children to develop and maintain a growth mindset to nurture and develop their abilities and strive towards their goals. If a parent also has a growth mindset, they can support their child in developing this mindset and learn and succeed together.

If you have a growth mindset, you will be resilient, develop a life-long love of learning and believe in yourself. As parents, if you feel that you did not 'do well' in school, then it is easy to have a fixed mindset and put yourselves down, this is not the case. Abilities can be developed and improved at any age with a bit of hard work and determination.

Everyone makes mistakes. Everyone has failures. It is how you react to them and grow from them that matters.

It is never too late to change your mindset and start believing in yourself!

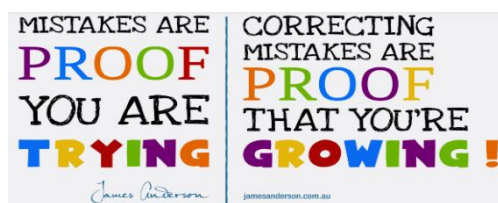
Growth Mindset and home learning

Here are some things that we would like to remind you whilst supporting with home learning:

- You will not remember everything that you were taught in school.
- Things may be different to how you were taught, there are new methods and concepts.
- Children can go through phases where they are reluctant to learn.
- Children can display difficult behavior when things seem challenging.
- Children may say 'this is not how they are taught in school'.
- You may feel like you are not supporting your child in the way they need it, but you are.
- It is never too late to learn new things, learning together can be fun.
- You may feel that you do not know/understand the curriculum taught.
- Many parents will be questioning their abilities and facing difficulties (education staff included).

This is normal! This is ok! You are not alone! Everybody can struggle and make mistakes.

You do not have to be trained teachers in order to support your child with their learning. We are a partnership and we are all in this together.





How can I help my child?

There are lots of different ways that you can develop a growth mindset and support your child in developing their own growth mindset. Sharing this experience and having the same mindset can lead to embarking on a learning journey together, amazing discoveries and wonderful outcomes. Here are some ideas of how to support your child:

Set High Expectations

Having high expectations for yourself and your child will improve self-belief and confidence. It will also encourage you to push your abilities further. The more you are challenged, the more you will achieve.

Don't Give Up

This is easier said than done! If something is difficult, it can be easy to want to give it up and have a 'can't do' attitude. Learning something new is a positive experience and everybody faces challenges. This can be a positive experience and you will get there eventually, everything takes time! When faced with similar challenges in the future, you will feel more comfortable and ready to try!

Whilst developing a growth mindset, confidence will grow and you will realise that abilities are not limited, they can be improved and furthered all of the time.

Embrace Failure

Making mistakes is ok. Making mistakes is normal. Everybody makes mistakes. It does not matter how many times you make a mistake or fail as long as you learn and grow as a result of them. Making mistakes can be scary and off-putting and can induce negative feelings which you do not want to experience, but with a growth mindset, this can change. If mistakes are associated with positivity and seen as a learning curve, they can be seen as opportunities to see what went well, what to not do again and what can be changed next time. Always have another try after making a mistake, you will surprise yourself!





Communicate

Communication is key and underpins all that we do.

Withhold judgments and negativity and try to express challenging emotions in a positive way. Think about how you are feeling and discuss your thoughts and emotions. Talk about your journey; what is going well and what is not going well? Explain and discuss how you intend to achieve your goal and the steps along the way. Laugh about mistakes, share tips for success and talk about the positives that you have experienced.

Change these sayings:

'I'm not good at this.' to 'I can't do this yet.'

'I give up.' to 'I'll use some of the strategies I've learnt.'

'I made a mistake.' to 'This was my first attempt at learning.'

'I can't do this.' to 'This is going to take time and effort to master.'

Use positive phrases such as 'This is hard right now but with a bit more practise, it will get easier!' and 'You're on the right track, keep going.'

Work Towards and Celebrate Success

Celebrate the little things as well as the big things. Look back at what you have accomplished and how far you have come. Think about where you have started, where you are now and where you want to be. What is the end goal? Are you there yet? What can you do to get there?

Hard work and determination will get you to where you need to be. If things seem too much or too hard, break the learning down into smaller steps. Think about what you can already do and what you need to learn next. Create a plan of how to do this and take small, manageable steps; not everything will be learned first time or straight away.

Keep trying and you will achieve your goals!



We hope that this guide has helped you and your child towards developing a growth mindset. Please remember that we are here to help in any way that we can, we are only a Dojo away!