

Encouraging a Growth Mindset

Understanding Mindsets

We all have beliefs about our own abilities and potential. These beliefs are part of our mindset which is a powerful tool that shapes our everyday lives.

A growth mindset is the belief that abilities can be developed through effort and practise. Children with a growth mindset believe that if they work hard, they can achieve improved results. They have a more positive attitude towards learning, are more willing to face challenges and see failure as part of the process of learning.

A fixed mindset is the belief that they are either good at something or they are not. When children have a fixed mindset, they tend to give up easily when they meet challenges, because they believe that they don't have what it takes to learn hard things. As a result, mistakes are often seen as failures rather than opportunities to grow and learn.

Research shows that praising the process — children's effort or strategies — creates an eagerness for challenges, persistence in the face of difficulty, and enhanced performance.



"I used to only focus on results as a dad, because that's what my dad did. I would ask my kids, 'Did you win? Did you score? Did you get an A?' But what I've learned is that while results are important, they're not as important as the journey to get there. I now encourage my kids to have a positive mindset and to work hard to be the best they can be, and I try to model that to them as well in what I am try to achieve."



Top Tips for Dads

- **Listen to what your kids say.** Think about the messages you are sending about mindsets. For example: If they say, “I can’t do this” you could encourage a change in mindset by saying “you can’t do this yet, you are learning to do this”.
- **Tell them that making mistakes is part of learning.** We all make mistakes and don’t always get things right the first time round and that is okay, because we can learn from our mistakes and continue to improve.
- **Tell them about some of your own mistakes,** the consequences, and how you learned from them.
- **Instead of focusing only on your children’s intelligence or talent, notice and praise the processes they used.** For example: “That homework was so long and difficult. You did such a good job of concentrating and finishing it.”
- **Children can learn resilience from challenges.** So don’t take this opportunity away from them by doing things for them if they are struggling. Support them and help them but let them go through the process. It will make their success so much more rewarding.

Wellbeing Check



No dad starts off knowing everything and being perfect when their children are born. A growth mindset is all about the process of growing to be the best you can be, as a dad and a partner. It’s about the progress you are making and the effort you are putting in. It allows you to see mistakes or failures as an opportunity for learning and not fall into the same mistakes or old patterns of behaviour again. Allow yourself the opportunity to learn and grow over time and to enjoy each small success along the way.