

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

Simply have a read through these great ideas and suggestions for helping your child to develop a growth mindset. Children's Mental Health Week gives parents an opportunity to talk about emotions as a family and think of ways to overcome setbacks. By celebrating this week, we remember the importance of children's mental health and wellbeing.

## What skills does this practise?

Growth Mindset

Perseverance

Problem Solving

Resilience

## Further Activity Ideas and Suggestions

Check out our new Surviving Parenthood: A Parenting Podcast on our [Twinkl Parents YouTube channel](#) and watch out for the new Growth Mindset episode! Or, watch this great Children's Mental Health Week video on [Twinkl Kids TV](#).

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub

# Growth Mindset: Children's Mental Health Week

A growth mindset is a belief that we will get better at something with effort, practise and time. Having a growth mindset is important for children as they will be able to cope with life's challenges and learn how to work through difficult times more effectively. We have put together some ideas for parents to help children develop a growth mindset.

Celebrate and praise the positive changes your children make. These changes can be any number of things; for example, if they persevered with something, showed responsibility with a task or helped someone in some way. It's great if you can praise the process rather than the result. This is called **effort-based praise** and can motivate kids to work hard and try new things. Praising is great when it is really sincere and as specific as possible. This can boost their sense of **self-worth** and **confidence**.

Talk about challenges they have **overcome** in the past. You could have a chat about a time they gave something a go and it worked out well, or when they felt good about trying something new. Remembering good, positive memories together can help children feel more **empowered** and **resourceful**. Giving them space to go into detail and explore their feelings about those great times or fulfilling moments will make this activity even more effective.

Encourage your children to just give things a whirl. Trying out new food, doing something independently or taking part in a new hobby are all examples of a growth mindset. It can really help if you can remember to mark the times when your child does try something new. If they are feeling stuck with this, try asking them to visualise a positive end result of something. They can imagine how it feels to **rise to the challenge** and **have a go**. This can help your children feel more **positive about themselves**. You can also talk about things your child might like to do in the future as a way of helping them branch out and think about getting outside their **comfort zone**.

Try not to push them too hard. Even though being ambitious is great, remember to allow them space to flounder and **find a challenge difficult**. Let them have time to tell you when they are finding a challenge difficult and validate their feelings with words like 'You look upset right now,' and 'It's okay to ask for help'. It's great to listen to and **respect their thoughts and feelings**, even if you feel you wouldn't react in that way.

Educate them on the importance of setbacks and how they are just **stepping stones to success** rather than failures. You could try talking about things you have struggled with and what you did to overcome those obstacles. It's important that we let them fail at times too so they have a chance to develop **problem-solving** and **resilience** skills.

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health or the mental health of your children.