

# A Mindset for Success



**The 7 Day Parenting Plan for Building Growth Mindsets**

**Tony Swainston**

# Mindsets: What can I do as a parent?

## The 7 Day Parenting Plan for Building Growth Mindsets



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You will notice the difference!



# The 7 Day Parenting Plan for Building Growth Mindsets

Take one-a-day for seven days!

1. Informing them that IQ is not fixed
2. Emphasising that from failure we learn
3. Focusing on effort and perseverance
4. Focusing on actions
5. Encouraging reasonable risk taking
6. Giving honest feedback
7. Being a role model



# Informing them that IQ is not fixed

You might tell them:

- The first IQ test was devised by Alfred Binet, Psychologist, French, 1857-1911. He never meant for IQ to be thought of as fixed.
- That it is scientifically proven that IQ is not fixed. Education increases IQ.
- We all learn at different rates & in different ways.
- The “truth” that many of the most successful and creative people were once judged to have low intelligence.
- What you are able to achieve nobody knows.

# Emphasising that from failure we learn

Things to consider discussing with them:

- Encouraging reasonable risks
- That great learners make mistakes. This is how they learn.
- Not placing any blame for failure on others.
- When they fail, ask them: “What can you learn from this experience? What could you try differently the next time?”

# Focusing on effort and perseverance

You might tell them:

- What you will achieve will be mostly down to your effort.
- To learn requires effort.
- That if the work is not hard they are not learning. (This helps them to accept high challenge.)
- Great learners learn by asking questions. They seek support.
- When your child succeeds, talk about the work that went into the success.
- Praise persistence and perseverance. Focus on the positive habits your child practised and the choices she/he made which led up to the success.

# Focusing on actions

Think about:

- Not labelling them.
- Rather identifying actions that they might take.
- Point out good things they do.



Day 5

# Encouraging reasonable risk taking



Encourage them to:

- Try new things.
- Step out of their comfort zone (with support).
- Enjoy the fun in doing something new.

You should::

- Never tell them untruths
- Never tell them they have done something that is great if it is not.
- Give specific rather than general feedback.
- Help them with finding the next step.

# Being a role model

You might:

- Tell them that you are a lifelong learner.
- Tell them what you learned from a failure in your life.
- Tell them about something that you are going to try and have been afraid to do before.

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