

Supporting your child to develop a Growth Mindset



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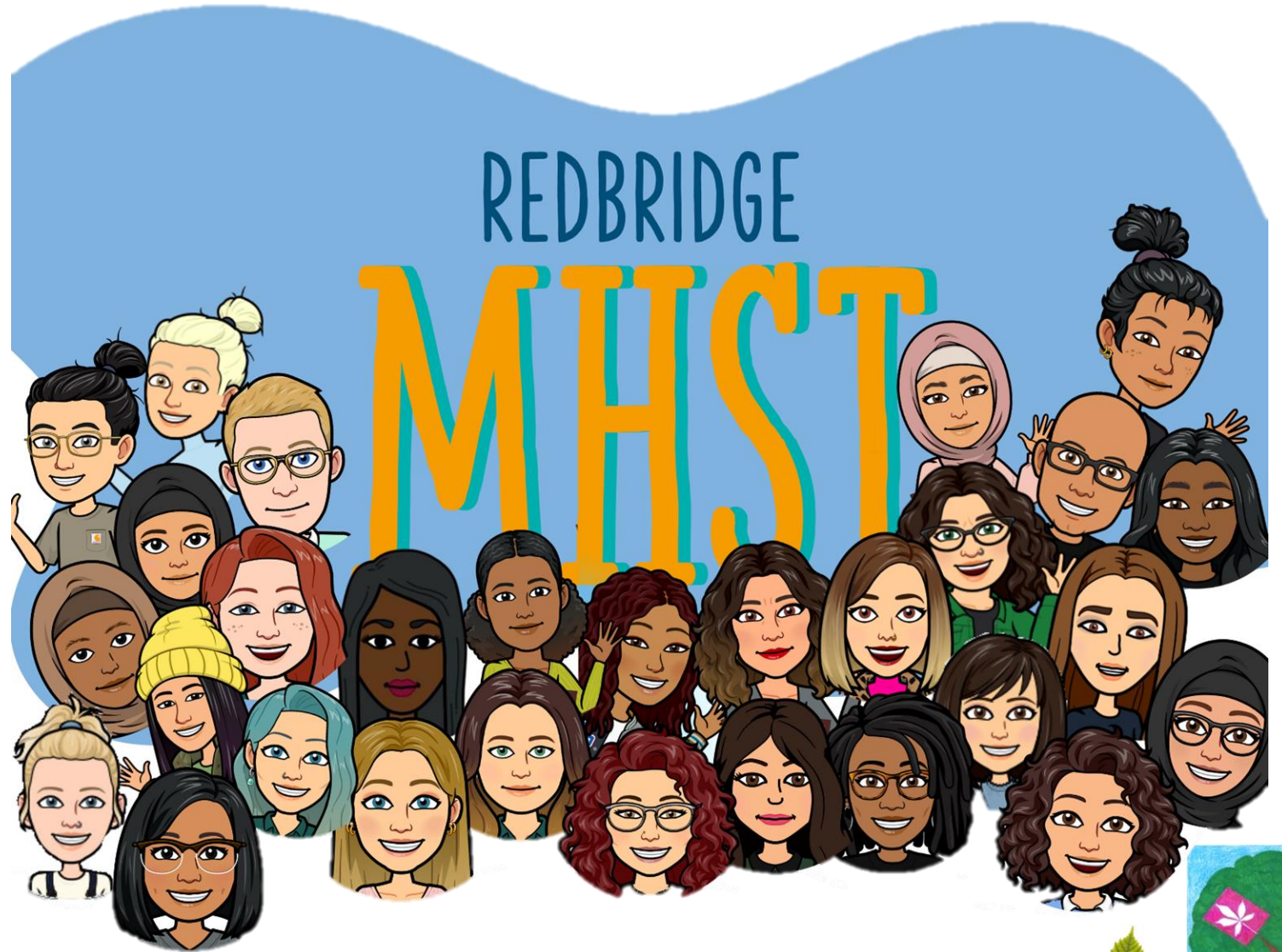
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We deliver evidence-based interventions for parents/carers and young people

We support schools with their whole school approach to well-being

We give timely advice and signpost



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Redbridge Mental Health Support Team



Not coping

Coping

Thriving

Mental health is **fluid and can change over time**

We can move along the spectrum in response to changes in our environment

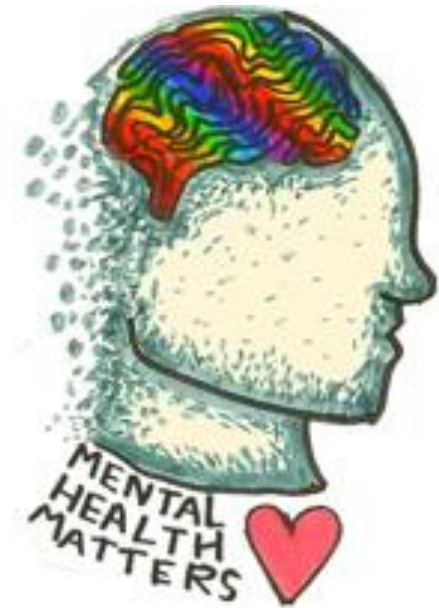
We all experience things differently



Asking for help is a sign of strength. If you don't feel well emotionally, there is confidential help for you within Redbridge.

Be kind to yourself. Self-compassion matters.

Be kind, encouraging and supportive to others- we don't know what people are going through.



How we can help - our individual and group offers

Challenging behaviour - We offer guided self-help to parents of Primary aged children to support with common behaviour problems

Anxiety and/ or Panic - We offer Cognitive Behavioural Therapy (CBT) based guided self-help to parents and young people.

Low mood - We offer Cognitive Behavioural Therapy (CBT) based guided self-help to young people, called Brief Behavioural Activation

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What is a Growth Mindset?

- The belief that intelligence, skills, and abilities can be improved through effort and learning.
- In contrast to a fixed mindset, which views abilities as unchanging, individuals with a growth mindset are more inclined to persist through challenges, prioritize learning over seeking approval, view failure as a chance to grow, and actively use feedback to improve.
- Cultivating a growth mindset can boost a child's confidence, academic performance, motivation, and self-esteem.



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What is a Growth Mindset?



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Growth mindset vs. Fixed Mindset

FIXED MINDSET

Intelligence is static

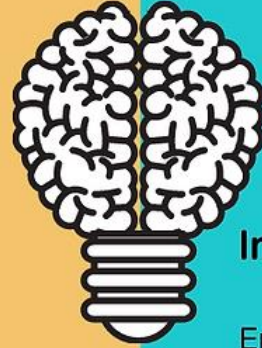
Avoid challenges

It's too hard

Expect reward without effort

Ignore feedback

Threatened by success of others



GROWTH MINDSET

Intelligence can be developed

Embrace challenges

I can train my brain.

Effort is a path to mastery

Learn from feedback

Inspired by success of others



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Evidence Base

- A recent study found that individuals who believe their abilities can develop through effort (growth mindset) experienced better mental health and well-being during challenging times, such as the COVID-19 pandemic. They were more resilient, adapted their daily routines effectively, and maintained lower levels of depression compared to those with a fixed mindset (Kyeong et al., 2024).
- A study followed adolescents over two years to examine how their beliefs about intelligence affected their academic performance. The researchers found that students who believed intelligence could be developed showed an upward trajectory in grades, while those with a fixed mindset experienced a plateau or decline. (Blackwell, Trzesniewski, & Dweck, 2007).
- A meta-analysis examined the relationship between individuals' implicit beliefs about the malleability of personal qualities and their self-regulation abilities. The findings indicated that a growth mindset is positively associated with adaptive self-regulation strategies, such as goal setting and persistence, which are crucial for personal development and academic success. (Burnette et al, 2013).

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Neuroplasticity & Growth mindset

- Neuroplasticity, the brain's ability to adapt and form new neural connections throughout life, provides a scientific foundation for the growth mindset. It shows that the brain can change and improve with effort, practice, and learning. For children, this means that their abilities are not fixed and they can grow smarter and more skilled through hard work and perseverance.
- When children engage in challenging tasks, their brains build stronger and more efficient neural pathways. Over time, these pathways help them master new skills and concepts. Parents and educators can reinforce this by explaining to children that making mistakes and practicing are essential for brain growth, encouraging a belief in their potential to improve and succeed.



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Keeping in mind

While the concept of a growth mindset has been widely embraced in educational and psychological circles, several criticisms have emerged:

- **Implementation Challenges**: Carol Dweck, the originator of the growth mindset theory, acknowledges that applying the concept in educational settings is more complex than initially thought. She notes that some implementations have oversimplified the idea, leading to ineffective or superficial applications.
- **Overlooking Systemic Factors**: Some scholars contend that growth mindset interventions place undue emphasis on individual effort, potentially neglecting broader systemic issues such as socioeconomic disparities and institutional biases that significantly impact student outcomes (Young, 2021).
- **Measurement and Conceptualization Issues**: Research published in *Social Psychology of Education* points out challenges in accurately measuring growth mindset. The study suggests that the way growth mindset is assessed can influence findings, leading to questions about the validity of some research conclusions. (Gruning, Rammstedt, & Lechner, 2024).

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Benefits of Growth Mindset

Enhanced
Resilience

Improved
academic
achievement

Higher
motivation

Better response
to feedback

Increased
confidence

Lifelong
learning

Improved
mental health

Stronger
problem-solving
skills

Greater
adaptability

Enhanced
relationships

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How to promote Growth Mindset

- **Focus on Effort, Not Outcomes:** Praise your child's hard work, persistence, and problem-solving strategies rather than simply their intelligence or talent.
- **Embrace Challenges:** Encourage your child to take on difficult tasks and see challenges as opportunities to learn.
- **Model a Growth Mindset:** Demonstrate your own willingness to learn and improve by sharing your challenges and how you overcome them.
- **Normalize Mistakes and Failure:** Help your child understand that failure is a natural part of learning and improving.
- **Teach the Power of "Yet":** Encourage your child to add "yet" to statements about things they cannot do.

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How to promote Growth Mindset

- **Celebrate the Process:** Acknowledge their progress, creativity, and effort, even if the outcome isn't perfect.
- **Encourage Curiosity:** Foster a love of learning by encouraging questions and exploration.
- **Provide Constructive Feedback:** Offer feedback that focuses on what they can improve and how they can do it.
- **Encourage Resilience:** Teach them to keep going, even when things get tough.
- **Be Patient and Supportive:** Create a safe space for your child to express doubts or frustrations without fear of judgment.



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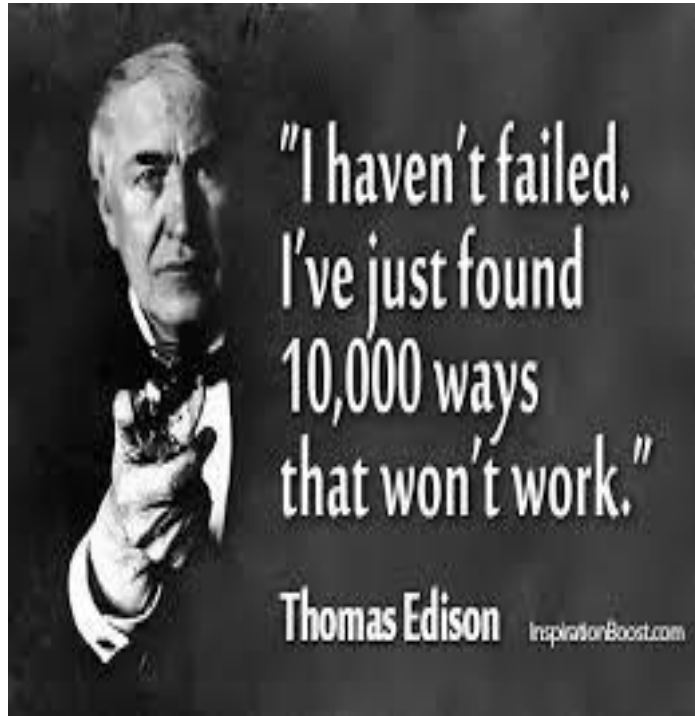
Say This	Not That
"I can see you worked so hard on this!"	"You are so smart!"
"It seems like it's time to try a new strategy."	"It's okay. Maybe you're just not cut out for this!"
"I like watching you do that."	"You're a natural at that!"
"It looks like that was too easy for you. Let's find you something challenging so your brain can grow."	"That's right! You did that so quickly and easily; great job!"
"That's not right. You don't understand this yet. What strategies can you try to understand it better?"	"That's not right. Are you paying attention in class? It seems like you're not even trying."

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Success stories



Michael Jordan's Story



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EFFORT
 STRATEGIES
 PROGRESS
 HARD WORK
 PERSISTENCE
 RISING TO A CHALLENGE
 LEARNING FROM A MISTAKE

NOT FOR

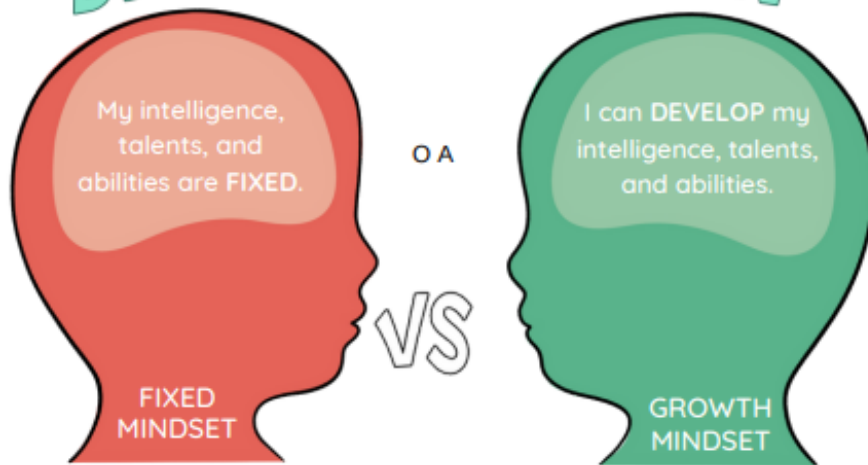
TALENT
 BEING SMART
 BORN GIFTED
 FIXED ABILITIES
 NOT MAKING MISTAKES

**THE POWER OF
 "YET"
 SAY**

"YOU CAN'T DO IT **YET**."
 "YOU DON'T KNOW IT **YET**."
 "IF YOU LEARN AND
 PRACTISE, YOU WILL!"

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BRAINS can GROW



FAILURES AND MISTAKES = LEARNING

SAY

"MISTAKES HELP YOU IMPROVE."
 "YOU CAN LEARN FROM YOUR MISTAKES."
 "LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

OWN MINDSET?
 BE MINDFUL OF YOUR OWN THINKING AND THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.



ASK

"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"

"WHAT NEW STRATEGIES DID YOU TRY?"

"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"

"WHAT DID YOU TRY THAT WAS HARD TODAY?"

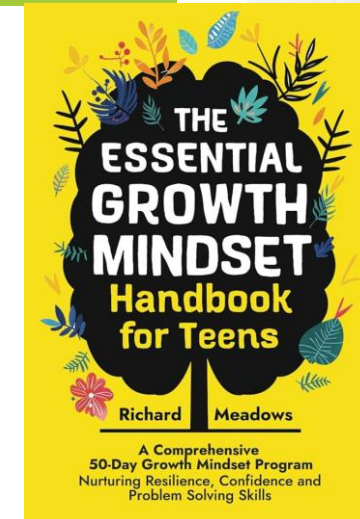
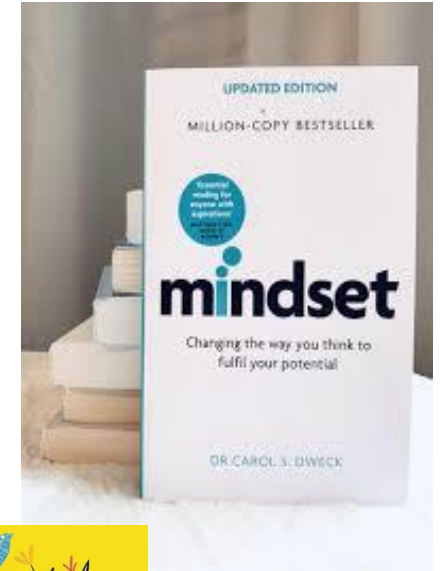
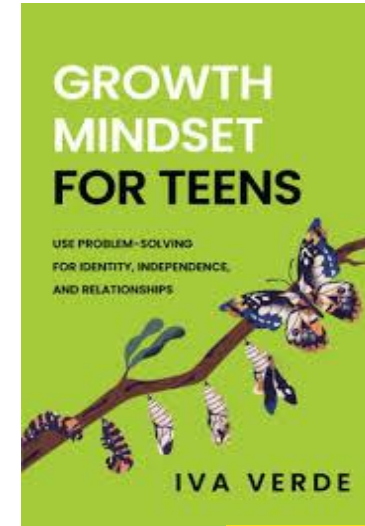
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Resources

- [Growth Mindset For Parents | Growth Mindset Parenting](#)
- [Mindset Kit | Growth Mindset for Parents Course](#)
- [The power of believing that you can improve | Carol Dweck | TED - YouTube](#)
- [Resources for Teaching Growth Mindset | Edutopia](#)
- [www.biglifejournal.com](#)



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Feedback & Questions



<https://www.menti.com/aluioajaqzb1>

Code: 4982 6506

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