



PBIS At Home

October 2016

In last month's Meneley Messages, parents were given suggestions about ways to praise their children. Research suggests that parents should think twice about praising our kids for being "smart" or "talented," because this fosters a *fixed mindset*. Kids think they can't change smart or talent. Instead, if we encourage our kids' efforts and acknowledge their persistence and hard work, then we will support their development of a *growth mindset*. Children with a *growth mindset* believe that with effort and persistence they can learn and achieve in school. A *growth mindset* will better equip them to persevere and pick themselves up when things do not go their way. Parents should also examine their own belief systems. Do you have a *growth mindset*? Do you believe that with effort, persistence, and motivation your children can achieve their goals?