

Praise Tips for Parents

Process Praise

- P** persistence
- R** resilience
- O** optimism
- C** concentration
- E** effort
- S** strategies
- S** studying skills

Example of ways to structure process praise:

I like the way you...	thought / used / explored /	Focus on the process
I noticed that you...	created / decided / chose	
Tell me how you...		

Process Praise Examples

I noticed that you really studied for your social studies test. You read the material over several times, outlined it and tested yourself on it. It really worked!

I like the way you tried a lot of different strategies on that math problem until you finally got it.

I like that you took on that challenging project for your science class. It will take a lot of work—doing the research, designing the apparatus, making the parts and building it. You are going to learn a lot of great things.

You did a good job drawing. I like the detail you added to the people's faces.

That was a hard English assignment, but you stuck with it until you got it done. You stayed at your desk and kept your concentration. That's great!

Comments to Encourage a Growth Mindset

“I can see you worked hard on this!”

This helps your child see that you value their effort.

“It seems like it’s time to try a new strategy.”

This lets your child know that they control outcomes by making choices.

“I like watching you do that.”

This conveys a message of approval of an activity they enjoy doing, regardless of the outcome.

“It looks like that was too easy for you. Let’s find you something challenging so your brain can grow.”

This teaches children that learning should be challenging and if tasks are too easy then your brain isn’t growing.

“That’s not right. I don’t think you don’t understand this yet. What strategies can you try to understand it better?”

It’s important to be honest about what your child knows and doesn’t know, but also explain that you believe in their capacity to improve.

“That was really hard. Your effort has paid off! Next time you’ll be ready for this kind of challenge!”

This reminds children of how they were able to overcome challenges by putting forth a lot of effort and in doing so cultivates a growth mindset.

“You’ve worked hard to become a good writer. You should challenge yourself with an advanced class, and learn something you don’t know how to do yet.”

Say this because putting your child in the challenge zone is how to inspire life long learning.

From <https://www.mindsetworks.com/parents/growth-mindset-parenting>