

Teach These Children

Fivefold enrichment



Time to Talk

Developing a growth mindset means understanding failures are opportunities for growth. This concept is equally important as it pertains to growth in non-academic areas of your children's lives. How do you help them apply this concept to social situations?

Activity

What happens when your child has an argument with their friend, they've done something embarrassing, or they simply have life questions? Do they crave alone time or confide in you? If your child isn't seeking you out, you may need to create opportunities and an environment for them to do so. Each of your children needs alone time with you. A simple car ride to the grocery store, a few minutes folding clothes together or any other mundane chore is an opportunity for you and your child to have a conversation. You only need to be in tune to the fact that your child needs to feel comfortable to be vulnerable. As you fold clothes or load the dishwasher alongside your child, share a story about when you were their age. If you know they are having difficulty with friends, share a relatable story. Tell them about a time when you felt embarrassed. The key to getting your child to talk to you is to talk first. They may not share at first but when they do, be sure to give them your full attention. It's okay to ask siblings to leave the room for private time. This tells your children you are available to give each of them private, alone time when they need it.

TIPS

Children will begin to share when they realize that their questions, feelings and things they are going through are normal and that you are available to help them learn how to navigate difficult situations.



Child's belief about self...

I am motivated

Family supports development of...

Growth Mindset

Focus area:

Supporting growth in social situations

GOAL

Create opportunities and environments for your child to have private time to speak with you.

LEVEL

2