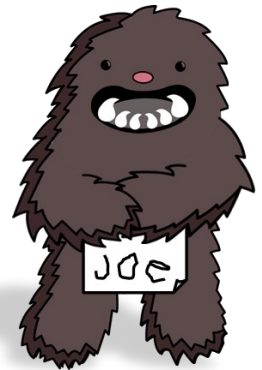


USING 'YET' WITH YOUR CHILD

A big part of helping your child develop a Growth Mindset is helping them to realise that it's ok to not be able to do something they're struggling with straight away. Just because they find something difficult in that moment, it doesn't mean that they won't get there eventually - it just means that they haven't got there **YET**.

Changing an outcome from only being either right or wrong makes a big difference to your child's motivation to keep trying. To do this, help your child learn to swap, "I can't do it." for,

**"I can't do it YET,
but I will if I keep trying."**



Once you help your child change their thinking a few times, and they start to internalise the process, they'll become less frustrated and more resilient in their learning. You'll help them develop into someone who is more enthusiastic about trying new things, who enjoys a challenge and who understands that perseverance is the key to mastering a new skill.

To reinforce the process, it's really powerful to be able to share with your child things that you found difficult and that you had to keep trying at yourself to achieve. Your experience is much more impactful than any story they might hear at school!

Younger children respond well when you use this technique by encouraging them to add some 'Yeti Magic' to the problem. Making YET a magical word gives it power, importance and makes it more appealing to use.