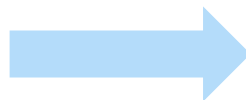# Language

Guidance for Parents and Carers

Research shows us that adults can have a huge impact on what children think about themselves and the world. Importantly, it also tells us that the words we use can have a powerful impact on children's mindsets. However, it is important to remember to **be kind to yourself.** We all make errors, but for the most part our errors will not damage our children and can in fact be used to show how we learn from our mistakes. Click on the *links* for more information, and the **YouTube Icons** for videos.

Growth Mindset- What is it?

"Growth Mindset" explains that we can have two beliefs about learning and intelligence. We can have a fixed mindset, where we believe that intelligence is something you are born with, and that it cannot be changed. With a growth mindset, we believe that skills come from putting effort in, and that we can always improve. Schools encourage children and young people to use language which promotes the idea that we can improve if we keep trying at something. For example, instead of saying "I cannot", you add "yet" at the end!

Click here for some examples of growth mindset, useful questions and resources to support conversations

- **What is Growth Mind Set for children & teens," I Can Try", & Say Something Else**

Modelling Language

Children and young people look to their caregivers and important adults in their life to learn.

- Speaking positively about yourself and using language which shows them that mistakes are opportunities to learn and grow is important and shows resilience

- Self-talk, how we speak to ourselves in our minds when we approach tasks, can be a good place to start.

Positive Affirmations

Positive affirmations are a practical strategy which challenge negative and unhelpful thoughts. You can model this and practice it with your children:

- ⭐ "I am a unique and special person"
- ⭐ "I am enough"
- ⭐ "I have people who love me and people to help me"

Try making some positive affirmation cards to pull out of a jar or write them down each day!