

Does your child need more **GRIT?**

Quick ideas:

1. Don't do for kids what they can do for themselves.
 - It is OK for your child to struggle with something. It might be easier to do it for them, but what does that teach them? If you can see they need support, discuss ways they can solve the problem or task themselves.
2. Help your child understand life doesn't always happen the way you pictured it, and they don't have to be perfect (neither do you!)
3. Model Grit for them... show them how you keep doing something that is difficult.
4. Work with your child on a difficult task. Discuss as you go how breaking it down into smaller tasks can help.
5. Praise how hard your child works on something, not how well they do. It is a pretty good fish that works at climbing a tree, but for a monkey it's not as big of a task!
6. Don't allow your child to mindlessly watch TV or play video games for longer than about 1 hour a day. Your mind is developed just like a muscle is and if your brain is used to being entertained, it isn't getting stronger at solving problems, or staying in the struggle.

Suggested websites:

https://www.verywellfamily.com/how-parents-can-teach-kids-grit-4126106	https://www.scholastic.com/parents/family-life/social-emotional-learning/social-skills-for-kids/power-defeat-how-to-raise-kid-grit.html	https://www.youtube.com/watch?v=Uz_oMfsPWsU	https://www.gradschools.com/get-informed/careers/7-ways-teach-kids-grit
			

Other suggested resources:

Parenting with Love and Logic - CD check out through school

"Thrivers: The Surprising Reasons Why some Kids Struggle and Others Shine" by Michele Borba, Ed.D

"Grit" by Angela Duckworth

"Mindset" by Carol Dweck

"How Children Succeed" by Paul Tough