



The goal of the Families and Literacy Committee of the WSRA is to develop and carry out plans which convey to parents the value of involvement in reading activities with children.

Members:

Amy Sippert – chair

Nicole Cilley

Teresa Prus

B Whalen

Deb Stensen

Mary Pohlman

Nina Ruskey

Jen Garty

Rachel Huntzicker

Kelsey Guenther



Family Reading Fun

How you talk to your child makes a difference. The things you say could influence your child to have a **fixed mindset** or a **growth mindset**. A **fixed mindset** is immovable. One believes that he or she has no control to change who he or she is – all personal attributes are predetermined. You were either born with high intelligence or you weren't. You were born with great athletic skill or not. You were born to be an artist or you weren't. These skills and attributes cannot be changed, they are fixed. On the other hand, people with a **growth mindset** believe that you can develop your intelligence, athletic or artistic abilities through hard work and by challenging yourself. Stanford University psychologist, Carol Dweck, has found through her research that successful people with a **growth mindset** embrace challenges, persist in the face of setbacks, see effort as a path to mastery, learn from criticism and find lessons and inspiration in the success of others.

So what can parents say to their children to foster a **growth mindset**? Try a few of the examples below.

*If your child says, "I'm not good at this." Ask them, "What do you think you are missing?"

*If your child says, "This is too hard." Say, "This may take some time and effort."

*If your child says, "I'm awesome at this." Say, "You are on the right track."

*If your child says, "I can't do math." Respond by saying, "You have to work to train your brain in math."

Remember a **growth mindset** is about hard work, effort and not giving up!

Family Tips

Following is a growth mindset quote by Carol Dweck;

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.

Parents can help foster this attitude by reminding their children that mistakes are opportunities to learn. Children need to be flexible and try different ways to solve a problem and encourage them to keep trying. Let children know it's okay if something is hard. That's when the learning happens.

Wisconsin State Reading Association www.wsra.org



The goal of the Families and Literacy Committee of the WSRA is to develop and carry out plans which convey to parents the value of involvement in reading activities with children.

Author Spotlight



Kobi Yamada

What do you do with a problem? What do you do with an idea? Kobi Yamada answers these two questions in his New York Times best-selling books; *What Do You Do With A Problem?* and *What Do You Do With An Idea?*

In his award winning book, *What Do You Do With An Idea?*, Yamada tells the story of a brilliant idea and the child who brings it into the world.

In *What Do You Do With A Problem?* Yamada tells the story of a persistent problem and the child who isn't sure what to make of it. This book is said to inspire children to feel good about themselves.

Yamada is the creator of many inspiring gift books and ideas. He makes his home in Seattle, Washington.



Website Spotlight

Looking for great resources on growth mindsets? Do a YouTube search for the "power of yet". You will find several video clips illustrating a growth mindset that even your children will enjoy!