



# The Power of “Yet”:

---

Developing a Growth Mindset  
in Young Children



# Welcome!

---

Who are we? – Who are you?



# Opening Partner Conversation

---

How were your mistakes  
handled as a child?

(by your parents, siblings, teacher, etc.)



# What is a Growth Mindset?

---



# Defining Growth Mindset

---

A growth mindset refers to the perception that one's abilities (intelligence, likes, talents) can be developed through hard work and dedication and that mistakes and failures are opportunities to learn

<https://www.edglossary.org/growth-mindset/>



# Characteristics of a Growth Mindset

---

- Persistence (vs. giving up)
- Confidence (vs. lack of confidence)
- Embrace challenges (vs. avoid challenges)
- Failure as an opportunity to learn (vs. a personal deficiency)
- Seeking help (vs. hiding the struggle)





# Learning Together

---

Café-style conversations





# Café Question #1:

---

How does teaching children to have a growth mindset at a young age impact their development?



# Café Question #2:

---

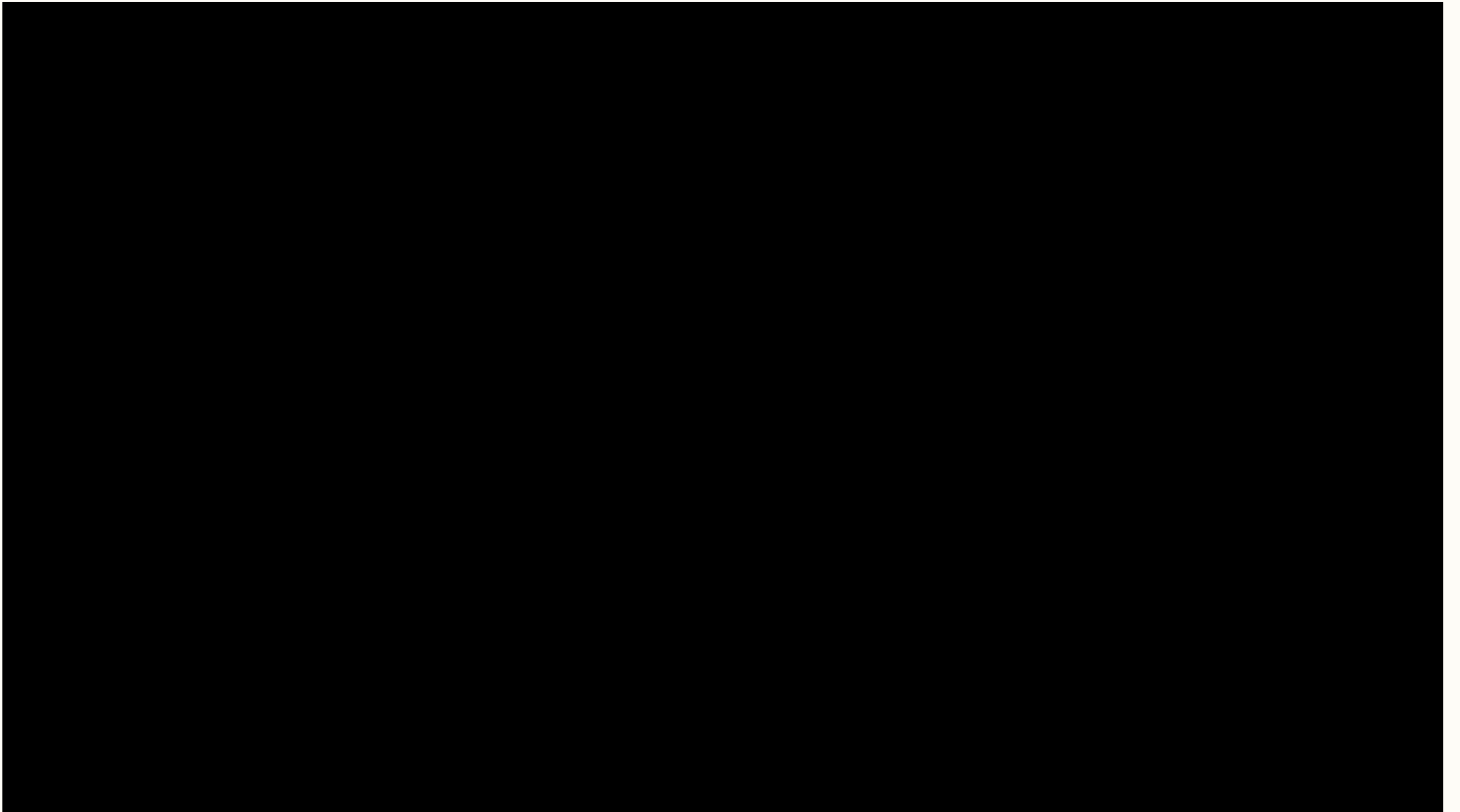
What are some ways in which you build a child's growth mindset every day?



# Online Resources

---

- <https://www.zerotothree.org/espanol/social-and-emotional-development>
- <https://dmh.mo.gov/healthykids/parents/social-emotional-development.html>
- <https://sesamestreetincommunities.org/>
- <https://www.mother.ly/parenting/how-to-cultivate-a-growth-mindset-with-your-children>
- <https://www.kaplanco.com/ii/help-children-develop-a-growth-mindset>



# Thank you!

---

Diana Careaga, MPH

Senior Program Officer

[dcareaga@first5la.org](mailto:dcareaga@first5la.org)



Wendolly Lemus, M.S., M.Ed.

Parent & Consumer Education Coordinator

[Wendolly.Lemus@ccala.net](mailto:Wendolly.Lemus@ccala.net)

