

Keep Trying

When parents keep trying and offer encouragement, children learn to keep trying, too.
Learning from mistakes helps us grow and keep trying as we face life's challenges.

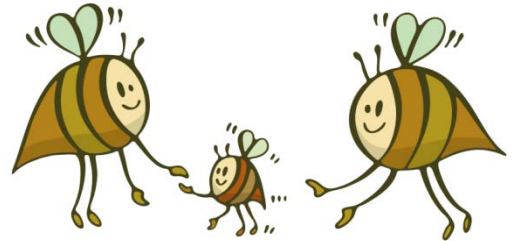
SHARE your 'keep trying' outlook and patience with your child...

- **Offer encouragement**

- "I think you can do it. Keep trying."
- "You really want to learn how to do that."
- "Let's see how much you can do."

- **Show them that mistakes are OK**

- "Everyone makes mistakes. That's how we learn."
- "That's OK. Mistakes help us know what to do differently the next time."



- **Tell them progress takes practice**

- "You may not get it right the first few times, but that's OK. It takes practice to learn new things."
- "You kept trying to put the puzzle together. And, look, you only have a few pieces to go!"

- **Talk about how you keep trying**

- "First, I get the broom, and the dustpan, then I sweep, and then I put the dirt in the trash can."
- "I am so glad I kept trying. Look, I learned how to fix the lamp."

- **Point out people or characters who keep trying**

- "Look at the baby learning to walk. She keeps falling down, but then she gets back up."
- "The little red engine kept on trying. It was hard, but he finally got up the hill."

ASK your child about trying...

- "How about trying again? I think you can do it"
- "What do you need to help you start?"



PAUSE and THINK about different times you can encourage your child...

- When your child is playing
- Learning something new
- Getting dressed
- When s/he is frustrated or discouraged

AND babies and toddlers, too!

- Give them lots of time and encouragement as they practice new skills. "You almost reached your rattle! Try again. There, you got it!"
- Help them learn new things one small step at a time.

More FREE online resources to build your child's resilience

www.reachinginreachingout.com/parents (videos, books, parent stories, articles, newsletter and more)