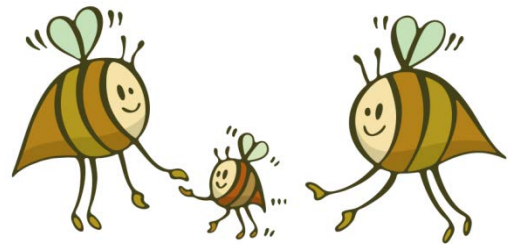


# Keep Trying

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