

Mistakes

Research shows that children with a **growth mindset** – the belief that intelligence is not fixed and that they can work hard and practice to improve – understand mistakes as opportunities to learn. In your visits, you can try taking a simple mistake – like closing the computer when you still need it, or dropping a bandage on the floor – and model for children how they can grow from that experience. You may say something like, “Whoops, now I know to keep it on the table next time” or “That was silly, but now I know what to do next time.”

See this video for an example from the well child visits: [Mistakes](#)



Watch the Video!