

Empowering Young Minds: The Role of Parents in Cultivating a Growth Mindset in Children

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ABSTRACT

Home is the first learning space for any child and parents have a very important role in their child's holistic development. Parents want their children to achieve their goals and perform at their fullest potential. Parenting plays a crucial role in shaping a child's mindset, their approach will influence their child's ability to embrace challenges, persist through difficulties, and develop a love for learning. This study explores the impact of parenting styles, communication strategies, and reinforcement techniques on fostering a growth mindset in children. A growth mindset, as proposed by Carol Dweck, emphasizes the belief that abilities and intelligence can be developed through effort, learning, and perseverance. Parents who encourage resilience, provide constructive feedback, and model adaptive thinking help their children develop confidence and a positive attitude toward challenges. The study also highlights the significance of praise of efforts, outlook towards failure, and emotional support in nurturing a child's belief in self-improvement. By understanding the role of parenting in developing a growth mindset, caregivers can adopt strategies that empower children to approach learning with curiosity, resilience, and a willingness to grow.

Keywords: Mindset, Parenting, Growth mindset, Resilience